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Skip your usual winter routine this season and start new winter traditions with your friends, family or even just on your own.

With a sports legacy in this city, there are a number of world-class sporting events to take in.

Aside from checking out the hockey action down at the Saddledome, head over to Canada Olympic Park and celebrate 25 years since the 1988 Calgary Winter Olympics, by daring to head down the ice track on either a luge, bobsled or skeleton.

Or if that is too terrifying for you, check out how others do it during one of the many events throughout the season.

If you are up for a bit of a mountain adventure, hope in your ride and head out to Banff or Lake Louise and check out the fresh powder and ski and snowboard events that come through town, or stop in Canmore and make a trip around the Nordic Centre on a pair of cross-country skis.

For the days you are looking to be a little less physically adventurous, make a trip down to The Core and shop the only downtown shopping centre, with retailers such as Holt Renfrew and Jack & Elliot.

While down town, make sure to grab a bite to eat at one of the hottest new restaurants to open in Calgary in the last few months, Candela Lounge.

Located at 1919- 4th Street SW, it is the perfect location to start and end your evening out with friends.

If you are looking for a quick bite, head a little further down to 17th avenue and stop in to Tubby Dog for a unique twist on the every day hot dog.

After you have finished your PB&J hot dog, swing over to Morgans Pub and take in some the best live music Calgary has to offer.

Calgary also offers a vibrant and exciting art scene, with a number of art galleries within walking distance of each other downtown, especially around 11th avenue.

Check out the works of a variety of local artists in galleries such as the Paul Kuhn Gallery, the Art Gallery of Calgary.

If you are not the only one in the house suffering from winter cabin fever, grab the kids and head over to the Calgary Zoo, or lace up for some skating at Olympic Plaza or Bowness Park.

There is really no excuse to head into lock down in the winter in Calgary.

The fun and events don't stop just because the weather gets cold, so why should you?

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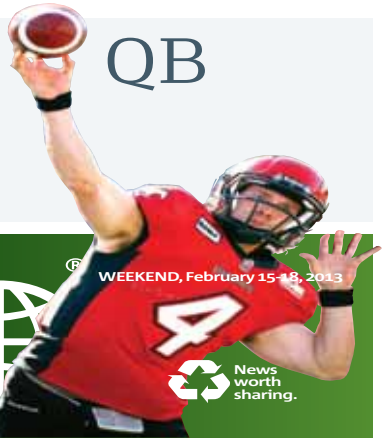
No Metro on Family Day

Metro won't be publishing on Monday. Look for us again on Tuesday. And turn to our list of five fun things to do PAGE 9

ONE TOUGH QB

AFTER AN INJURY-PLAGUED YEAR, THE STAMPEDERS' DREW TATE IS TAKING A PAGE FROM MIXED MARTIAL ARTS PAGE 55



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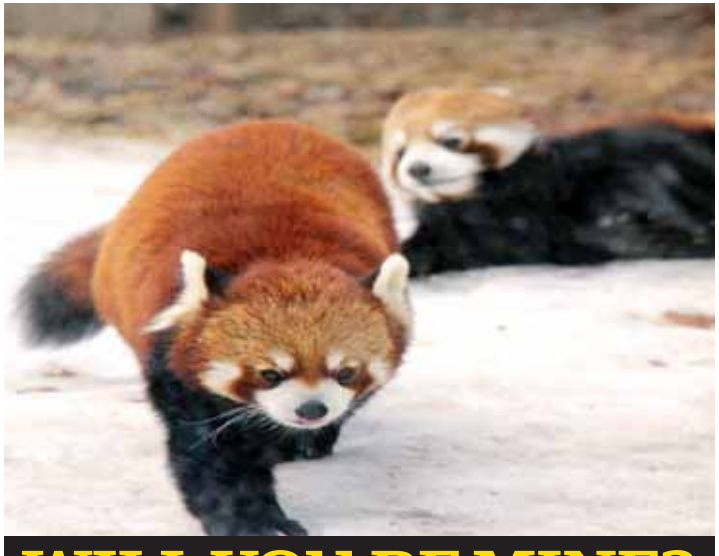

WILL YOU BE MINE?

Red pandas Zeyar and Malikha were among several adorable animal couples showcased at the Calgary Zoo on Valentine's Day. For a full slideshow of zoo animals in love, visit metronews.ca. KATIE TURNER/METRO

Psychiatrists in short supply, report warns

Going global. AHS recently went to job fairs in England and Ireland to recruit child and adolescent specialists

ROBSON FLETCHER
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Calgary's growing population "significantly exceeds" growth in available psychiatrists and "particular shortages" persist in child and adolescent psychiatry, an Alberta Health Services report says.

"We do have a shortage of child psychiatrists," said Dr. Chris Wilkes, a program medical director in psychiatry for the Calgary health zone.

Just 28 of 165 psychiatrists in the zone specialized in children and adolescents, according to the Department of Clinical Psychology's 2012 annual report. Wilkes said that number should be closer to 70.

Dr. Beverly Adams, who wrote the report, said challenges with funding and recruitment remain, but the situation has improved in 2013, with the opening of beds at the new South Health Campus.

"We've brought in another 15 psychiatrists to cover that, including a new child and adolescent psychiatrist from Ireland," Adams said.

Adams said the Canadian Psychiatric Association recommends 15.2 psychiatrists per 100,000 people, and Calgary's complement sits at 13.99.

But it's the lack of child psychiatrists that's of the biggest concern to Wilkes, who also serves as president of All Children's Trust Calgary, an association that advocates for youth mental health.

"Research has clearly pointed out that with major mental illnesses, 70 per cent of them start in the child-adolescent years," he said.

And while roughly one in five children will be diagnosed with a disorder, Wilkes said only 30 per cent will "actually get to a specialized service."

He added that while the recruitment of child psychiatrists "is a challenge," the field is more popular than a decade ago. He noted there were a record 90 applicants for seven psychiatry positions at the University of Calgary in the latest intake year.

Behind the mascots

How a pair of rootin'-tootin' cowboy-hatted polar bears stole everyone's heart PAGE 4

Shock waves

The world reacts with disbelief to the arrest of double-amputee sprinter Oscar Pistorius in the shooting of his girlfriend PAGES 23 & 57

B.C.'s black pioneers

How a group of U.S. blacks found peace and freedom on Salt Spring Island PAGE 53

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NEWS

Emergency. Paraglider airlifted after mountain crash near Canmore

Emergency crews relied on a helicopter to pull a 38-year-old man from a mountainside Thursday afternoon following an apparent crash near Canmore.

According to STARS Air Ambulance spokesperson Cam Heke, the man was paragliding prior to an emergency call that came in shortly before 3 p.m.

Heke said Alpine Helicopters responded to the scene first, which reports indicated was near Mount Lady Macdonald, and utilized a sling to rescue the man.

Originally, a staging area was set up in the Cougar Creek area, but the man's injuries were so severe he was flown directly to the hospital in Canmore. STARS then transported the man to Foothills Medical Centre.

"I don't have a lot of detail on what happened.... The report in the air was he suffered serious, potentially life-threatening injuries," Heke said.

Representatives with Alpine Helicopters could not be reached Thursday evening, but information from Canmore Fire Rescue indicated the paraglider was in a particularly steep area and it's believed an hour may have elapsed between the time of the crash and the emergency call.

Initial assessment determined the man suffered a broken pelvis and potentially internal injuries around the abdomen as well.

The man's identity had yet to be released Thursday evening and no further updates were available after he arrived at Foothills.

JEREMY NOLAIS/METRO

A Gentoo penguin picks up a twig inside the Penguin Plunge exhibit Thursday at the Calgary Zoo. KATIE TURNER/METRO

Penguin death not covered up: Zoo

Fiona died in December. Calgary Zoo staff and volunteers were notified of the Gentoo penguin's death at the time

KATIE TURNER
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Calgary Zoo officials say the death of a Gentoo penguin in December was not something they were actively hiding.

Media reports surfaced Wednesday stating that a penguin had died while choking on a stick in the Penguin Plunge exhibit.

Spokesperson Trish Exton-Parder clarified that the penguin didn't die as a result of choking, but rather passed away eight days after she had swallowed a stick.

General curator Jamie Dorgan said the stick was approximately one foot long and it was found on Dec. 2 when keepers noticed the female named Fiona wasn't eating.

"She recovered really well from the surgery," he said. "Unfortunately, just over a week after the surgery, we suddenly found her dead in the middle of the day."

Dorgan said while all the staff and volunteers were notified of the death so they could answer any questions visitors may have, he said they didn't see a reason to notify the public through the media.

"We have over 1,000 individual animals, and for us to notify every time there was a death wouldn't make any sense," he said.

Dorgan said they usually notify the public when human error is involved or when an iconic animal dies.

"This is the first penguin that we've had die in over a year of having penguins, which is quite good," he added.

Exton-Parder said there was no intention to hide the penguin's death.

"Transparency is the way we operate here."

Penguin facts

- The Calgary Zoo has 46 penguins in the Penguin Plunge exhibit.
- They have an average life expectancy of around 20 years, according to Dorgan.
- The penguins debuted at the zoo around one year ago.

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Hidy and Howdy: 'I think they became the face of the Games'

Iconic. Mascot duo live deep in the heart of those involved with production and performance

DARREN KRAUSE
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There's just something about Calgary's 1988 Winter Olympic mascots that makes them special.

Yes, they're cute. Cuddly looking, too. Polar bears are fun animals, especially ones wearing cowboy hats and vests. But how about the fact that Hidy and Howdy are Alberta-born and raised? And in more ways than one.

The carefree polar-bear mascots that often stole the spotlight in the two-year leadup to, and during, Calgary's 16-day Olympic run were built in Edmonton and donned by student volunteers from Bishop Carroll High School.

"Those mascots were then, and still are, near and dear to my heart, and to International Mascot," said Joel Leveille, president and CEO of the Edmonton-based company.

Hidy and Howdy catapulted the costumer from a fledgling startup 25 years ago to the point today where they are one of the go-to builders for Olympics mascots, recently having done the characters for the Vancouver and London Olympics as well as two others before that.

The first suit was rolled out in 1984, for the closing of the Sarajevo Olympics, something Leveille said was unusual to see at that time.

But he said Calgary was prepared well in advance and they wanted to ensure they could promote the pair leading up to the Calgary Games.

Volunteers who would wear the International Mascot costumes before and during the Games were found at Bishop Carroll.

Calgarian Scott Henderson started in the mascot program just after the first bears were trained in 1984, and he stayed through to the end of the program.

Henderson got lassoed into bear training after fooling around in the halls at school, and his teacher, Bishop Carroll's drama instructor, dragged him and a friend to meet members of the Olympic committee.

"The next thing we knew, we were Olympic mascots," Henderson said.

The next few years saw the bustling mascot program that recruited Henderson swell in size to more than 130 actors and dozens of support staff. The numerous appearances in the lead-up to the Games, collecting memorabilia — articles, photos with famous people, gifts — created a vast pre-Olympic history for the mascot volunteers.

"It was probably one of the better museums showcasing the run up to the Olympics," he said.

Henderson, a local musician and vocal coach, recalls his first appearance at the announcement of Coca-Cola as a major sponsor, lugging the costume around, driving himself to the Palliser Hotel and doing the appearance with little supervision.

"They gave us a lot of responsibilities as teenagers. Give us a bear suit and tell us to go to a major press conference," Henderson said.

"Then, when it ramped up, it was such a well-oiled machine."

For both Leveille, the creator, and Henderson, the performer, the Olympic mascot experience leaves a long string of precious memories.

Henderson, a senior mascot when the Games rolled around, got the choice to perform at select events. He chose the medal ceremonies over opening or closing ceremonies. One night that stuck out was when Karen Percy won her first bronze medal.

"I had never experienced anything like it," he said, noting that night had 70,000 people at Olympic Plaza.

"It was a real mix of people from all over the world. I remember feeling very distinctly proud to be a human being."

The effect of Hidy and Howdy on Calgarians and world visitors is something Leveille will never forget.

"I think they became the face of the games," he said.

"I have yet to see any characters like this stand as a testament to time."

Joel Leveille, president and CEO of International Mascot Corp, shows off the 1988 Calgary Winter Games poster with mascots Hidy and Howdy. A framed photo of Hidy and Howdy still adorns one wall of the company's Edmonton boardroom. HEATHER MCINTYRE/METRO

Quoted

"Calgary was way ahead of the curve, and remains ahead of the curve, after all the organizing committees I dealt with, in terms of being prepared and organized. They wanted to make sure they unveiled the mascot at the (Sarajevo) Olympics, and that it looked great."

Joel Leveille, president and CEO, International Mascot

Hidy and Howdy, seen here during 25th Anniversary celebrations on Wednesday in Calgary, were among the Games' most popular mascots. ROBSON FLETCHER/METRO

A look ahead

- **Saturday.** Check out metronews.ca to see what Mayor Naheed Nenshi and Olympian Cheryl Bernard point to as their favourite memories from the 1988 Games.
- **Sunday.** Three events made their debut as demonstration sports in 1988. We talk to officials and athletes about what that meant for sports such as curling and freestyle skiing on metronews.ca.

Hidy and Howdy's success

According to Joel Leveille, CEO of International Mascot, and Lane Kranenburg, head of the Calgary '88 mascot committee:

- Bears are the number-one most popular plush toy. "Bears are loved by almost everybody," said Leveille.
- The bears were given a cowboy theme.
- "Howdy" denoted a western theme, while Heidi (Hidy) is a popular European name.
- They were the last "recognizable" mascots and "ones that did not scare children," said Kranenburg.

Hidy and Howdy facts

- Hidy and Howdy were the first male/female pair of Olympic mascots.
- The security protocol for the mascots was stringent, as they were allowed all-access to virtually anywhere, according to Henderson.
- Head fans were put in to the mask to help cool the performers.
- To start, winter and summer costumes were constructed, the winter one with longer hair.
- They were the only mascots ever to run the entire torch relay — all 88 days (different runners).
- Mascots had their own "bear caves" for cleaning, repairs and grooming.
- Hidy and Howdy attempted virtually every event except biathlon.

A look back

Highlights from Day 2 of the '88 Calgary Olympics, Monday, Feb. 15, 1988:

- Eddie "The Eagle" Edwards soared to last place in the 70-metre ski jump event but instantly became an international star.
- Swiss skier Pirmin Zurbriggen flew down the slopes to gold in the men's downhill event.
- Canada kept up its winning ways in men's hockey, downing the Swiss 4-2 and moving to 2-0 in the round-robin tournament.

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HPV vaccine hasn't completely caught on

Faith or medical issue?
Popularity of Calgary school-based program does little to convince some Alberta trustees

JEREMY NOLAIS
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While hundreds of Calgary Catholic students are rolling up their sleeves to be vaccinated against human papillomavirus (HPV), some other Alberta boards continue to deem talk of implementing their own school-based programs unnecessary.

Analysis provided by pro-vaccine advocacy group HPV Calgary and independently verified by Metro has determined that nine Catholic school boards in Alberta do not offer a vaccine against the virus, which has been linked to cervical cancer.

Across Canada, HPV Calgary has only been made aware of two other Catholic boards still opting against offering the vaccine, one in the Northwest Territories and another in Ontario.

But during interviews with reps from four of the aforementioned Alberta boards, only one said it was revisiting prospects of offering the vaccine.

"We are kind of in the review process," said Peter Grad, Medicine Hat Catholic Board of Education trustee chair, who passed a motion to launch consultation on the vaccine last year. "The data has been collected.... I need to talk to my board members before we release that information."

Metro first reported this week that a newly launched HPV vaccine program within the Calgary Catholic School District has seen an uptake rate of 70 per cent — the same rate in public schools. This came after four years of abstaining from the publicly funded program at the urging of spiritual leader Bishop Fred Henry.

But Ron Schreiber, trustee vice-chair of the Calgary-area Christ The Redeemer School District, said his board is not revisiting the matter and hasn't heard complaints from parents.

"Our Catholic school, in trying to reflect our values, is not the appropriate place for this," he said, adding parents curious about the vaccine are directed to community health clinics.

A bottle of HPV vaccine Gardasil
THE ASSOCIATED PRESS FILE

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Partnership. Decision on regional mediation process expected next week

The city and surrounding municipalities remain at odds over a regional plan but the Calgary Regional Partnership (CRP) still intends to move forward with a mediation process.

"It's something we hope we can move on pretty quickly, and have some kind of resolution, I hope, in place before the summer," said Cochrane Mayor Truper McBride, who chairs the CRP.

The partnership includes Calgary and 13 other municipalities, but the rural municipalities that directly border the city — Rocky View County and the MD of Foothills — withdrew from the body in 2009.

McBride said the CRP executive plans to meet on Feb. 22, when he expects it will approve entering into the mediation process.

Rocky View Reeve Rolly Ashdown said he's open to meeting with neighbouring municipal leaders "anytime" but the county remains concerned that the proposed Calgary Metropolitan Plan (CMP) gives the city too much power.

"If the CMP was only structured so that there wouldn't be anyone having power over any other one, that would be fine," Ashdown said.

Mayor Naheed Nenshi said this week he'd "need to see some details" on the mediation process and city council would have to decide on participation.

ROBSON FLETCHER/METRO

Mayor Naheed Nenshi said he needs to see more details before deciding whether Calgary should participate in a mediation process over regional planning. METRO FILE

Shifting Minds

Public school board garners national award

Calgary's public school board has received national recognition for innovative learning.

Chief Supt. Naomi Johnson accepted C21 Canada's Shifting Minds School System Award at a summit this week, according to a release. The summit brought together 100 of Canada's education and business leaders to gather perspectives on Canada's role in the digital age and the skills that will be required to be taught going forward.

C21 Canada is a group of national education associations and knowledge-sector businesses that believe 21st-century models of learning are needed urgently in Canada. METRO

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Statement. Husband of mom accused of killing son says she 'is innocent'

The husband of an Edmonton woman charged in the death of their seven-year-old son says his wife has been suffering with severe depression for the last two years.

Florentino Jajoy said Thursday in a written statement that his wife, Nerlin Sarmiento, loved their son, Omar, and that she was under treatment and on medication.

Police were called to an apartment on the south side of Edmonton on Tuesday morning.

Results of an autopsy have not been released, although police at one point said the boy appeared to have drowned.

Investigators said in a release that they believe they have enough evidence to show the death was premeditated.

"As a family, our opinion is that she is innocent because she was not responsible for her actions," Jajoy said in the statement.

"She is a loving mother, wife and daughter who put her children's needs before her own."

The couple also have a 10-year-old daughter.

THE CANADIAN PRESS

Details

Sarmiento, 32, is to appear in court Friday on a charge of first-degree murder.

Investigation

Castleridge home damaged in blaze

An investigation into what caused a garage fire in the northeast community of Castleridge Thursday morning has been launched.

Fire crews were called to the home around 7:30 a.m. and found a large volume of black smoke.

The fire was extinguished and all three occupants evacuated safely from the home. However, the Calgary Fire Department said the home experienced considerable damage as the fire spread to the second floor. METRO

ONLY AT THE IMPROV: MY CHALLENGE TO BE MORE EXCITING

IN DEFENCE OF
Mike Morrison
calgary@metronews.ca

Six weeks ago I made a promise to myself to do more exciting things in 2013.

It's a pretty easy resolution to keep because I don't actually have to commit to anything specific. Instead it's a self-imposed rule that forces me to do something exciting, even if every fibre of my being is telling me not to.

And that's how I ended up in Introduction to Improv at the Loose Moose Theatre School.

A little while ago I saw that the historic school had a class for those interested in learning more about improvisation. Once I saw that it existed, my new rule meant that it could not be unseen. I found myself reaching for the phone, and within minutes I had secured the last seat in the 12-person class.

In the minutes leading up to the beginning of my class, I was nervously sweating in my car, desperate to come up with a good reason not go to the class. Unfortunately, my desire to brag about my supposedly brave decision to sign up for Improv Class on social media meant that my friends would be curious about how the first class went. As is often the case, I was trapped by my own need to share personal details of my life on the Internet.

To truly understand my first few minutes of this class, I have to also share with you that I have this compulsion to yawn whenever I'm extremely nervous. It's a sometimes hilarious tic that has ended many a date way too soon and led to awkward job interviews. Basically, for the first half of the class, I was a sweaty and yawning mess. Luckily, people probably thought I was in character, which has to be the best thing about an improv class.

Showing his range?

I have this compulsion to yawn whenever I'm extremely nervous.... For the first half of the class, I was a sweaty, yawning mess. Luckily, people probably thought I was in character, which has to be the best thing about an improv class.

As the class moved into its second hour, I began to relax. After all, Intro to Improv is really just a series of games that seemed very familiar after years of watching SNL and Whose Line is it Anyway? They were fun, but not particularly easy. By the time I had finally stopped sweating (and yawning), I realized that I was beginning to like my rule to be more exciting in 2013.

As we grow up, we all try to make our life as easy as possible. Eventually, we tend to end up with the car, house, job and relationship that makes us happy. But how often do we do something that is both personally beneficial and puts us completely out of our comfort zones? I'm not saying that Intro to Improv is for everyone, but trying something new definitely should be. Whether it's a pottery class or deciding to run for city council (please let it be Ward 13), as long as you're either sweating or laughing, you're well on your way.

MIKE MORRISON WRITES MIKE'S BLOGGITY BLOG AND TWEETS FROM @MIKESBLOGGITY

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The Family Day weekend is upon us, and for some people that means an extra day of sleeping in. For those who actually have families, however, it means an extra day of keeping their kids occupied. Here are events that will keep the whole family entertained

LISA WILTON
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5 Family Day things to do

1 Telus Spark

There are plenty of things for both adults and kids to do and see at the new science centre.

Its latest exhibition, How to Make a Monster — the Art and Technology of Animatronics, features amazing pieces from John Cox's Creature Workshop, including the flying aliens from the movie Pitch Black. The centre will

also have workshops and science demonstrations all weekend.

Go to sparkscience.ca for more information.

2 Canada Olympic Park

If you can't make it out to the mountains this weekend, COP is a suitable alternative.

Its slopes are also gentle enough to introduce first-time skiers and snowboarders to the sports. Or stay indoors and relive the 1988 Winter Olympic Games at Canada's Sports Hall of Fame.

Go to winsportcanada.ca/cop for more information.

3 Honens Storytellers

One of the city's most renowned performers, Denise Clarke, will narrate Jean de Bruhoff's beloved children's classic, The Story of Babar, accompanied by Honens Laureate pianist, Hong Xu.

Clarke will also take the audience on a journey through Camille Saint-Saen's Carnival of the Animals, featuring poems by Ogden Nash.

This pre-Family Day event takes place Sunday at 1:30 and 4 p.m. at Festival Hall (1215 – 10 St. S.E.) Call 403-299-0140 for info.

4 Heritage Park

Learn about Alberta's history while having fun during Heritage Park's Family Quest at the Gasoline Alley Museum.

Families can participate in games and challenges from 9:30 a.m. until 4 p.m.

Activities include the Zippy Nippy Races, in which you can build and race your own car. Or you can create your own 1950s-style radio melodrama.

Go to heritage-park.ca for more information.

5 Fort Calgary

Fort Calgary's Family Day Winter Carnival is sure to be one of the more popular events this weekend.

Admission is free and the Calgary landmark has lots of fun activities in store, including a treasure hunt, face painting, carnival games and maple syrup candy making. Live theatre performances, old movies and cartoons will also be shown in the fort's Burnswest Theatre.

Go to fort-calgary.ca for more information.

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Idle No More shifting toward 'allied relationships'

Changing, not dying down. Latest rally held in conjunction with One Billion Rising campaign

ROBSON FLETCHER
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Idle No More organizers in Calgary say the movement isn't going away, but it may not be as high-profile as it has been in recent months.

"Although you're not seeing these big round dances as much any more, there's still a lot going on behind the scenes," said Chantal Chagnon, who helped put on several of the larger demonstrations in Calgary earlier this year.

A smaller rally and round dance was held at Tomkins Park on Thursday evening.

The rally was organized in conjunction with the One Billion Rising campaign, which aims to put an end to violence against women.

Staying organic

"I think with a grassroots movement, as soon as you try to control it, you're going to fizzle it out."
Idle No More demonstrator Chantal Chagnon

Event organizer Autumn Eaglespeaker said there is overlap between the issues at the heart of both campaigns, given the disproportionately high rate of missing and murdered aboriginal women.

She also said the future of the movement lies in building "allied relationships."

"Definitely Idle No More is expanding out and seeking partnerships with other organizations," Eaglespeaker said.

At the same time, Chagnon said, the movement needs to stay true to its grassroots heritage and not be co-opted by a political party or other entity.

Idle No More organizers says public rallies, like this one held at Olympic Plaza on Jan. 28, will be less frequent as the movement enters a new phase.
ROBSON FLETCHER/METRO

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Budget crunching. Municipalities will be taken care of: Griffiths

Municipal Affairs minister Doug Griffiths re-iterated the government's pledge Thursday not to slash municipal funding to balance the budget, but emphasized it will be a tough budget.

Speaking at the Alberta Urban Municipalities Association (AUMA) breakfast, Griffiths said the PC government would not "balance the budget on the back of municipalities." He said cutting municipal funding would be the easy way out.

"It's not going to be blue sky, but it was so easy before in previous budgets that you just cut all infrastructure investments and you cut all municipal funding," he said.

Griffiths said everyone would do their part to deal with the budget challenge.

"We're not going to put all the pain on (municipalities') backs, so we can get away. We're all going to share."

Griffiths said the government would be presenting a leaner budget, but he would not slash across the board to balance.

Edmonton councillor and AUMA president Linda Sloan said she would have preferred more details about what municipalities can expect, but the overall message was reassuring.

"There wasn't a lot of new information about the budget or the direction the government wants to take in terms of a new relationship," she said.

RYAN TUMILTY/METRO IN EDMONTON

Municipal Affairs Minister Doug Griffiths METRO

Municipal act

The province is also reviewing the Municipal Government Act, which governs how municipalities run across the province. Griffiths said an updated version should be ready for the spring of 2015.

Innovation

Haskayne School of Business gets $5 million

An iconic Calgary entrepreneur is kicking in $5 million to help out the next generation of business pros.

Doug Hunter was on hand to announce his donation to the University of Calgary's Haskayne School of Business on Thursday.

The Hunter Centre for Entrepreneurship and Innovation will focus on research and curriculum innovation. A new mandatory course will also be launched, requiring students to partake in a business plan competition.

METRO

Charity

Locals unite for good cause

United Way has announced its volunteer co-chairs for their 2013 campaign.

Calgary police Chief Rick Hanson and TransAlta President and CEO Dawn Farrell will lead the effort to raise more than last year's record-breaking total of $55.2 million.

Money raised in the annual campaign is used to support numerous charities and non-profit groups in the city.

Hundreds gathered at the BMO Centre on Thursday morning for the new campaign kickoff and to recognize outstanding philanthropy in the city. METRO

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Home-Start's Patricia Brunsch, left, came to the rescue of Calgarian Lori Nielsen as she and her husband, Mark, struggled to raise their kids, from left, Kalyn, Joel, Jordyn and Cameron. JEREMY NOLAIS/METRO

Home-Start offers extra hands to parents in need

Child care. Boys and Girls Clubs of Calgary keep dedicated army of volunteers

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Lori Nielsen was terrified.

She was fully prepared to have a second child with her husband, Mark, in late 2006, but then came the 12-week ultrasound and a big surprise.

The technician overseeing the appointment had a strong accent and Lori could barely make out her passing references to "three babies."

"I thought she was talking about her own family.... Finally, I asked her if she had three babies and she turned the monitor towards me and said, 'No. You have three babies. See? One, two, three.'"

Already overwhelmed by the prospect of raising four kids, the Nielsens were thrown another curveball as Cameron, Joel and Jordyn were born premature, at just 26 weeks. Jordyn was the smallest, weighing just one pound, 15 ounces.

The triplets were so tiny, Mark's wedding band could easily fit around their arms. All three were put on ventilators and two were forced to undergo heart surgeries. Finally, after 108 days in hospital, the trio were sent to their Calgary home still hooked up to oxygen machines.

But the trouble didn't stop there. Mark was attempting to run his own business and Lori only had two hands, and frequent crying outbursts left her operating on three hours of sleep. The Nielsens' oldest daughter, Kalyn, had just turned two.

"We didn't know what else we could do.... We needed three people at all times, like 24 hours a day," Lori said. "Both Mark and I thought with triplets you must get help.... You must get funding from the government or something."

But there wasn't anything, so finally the Nielsens turned to a program call Home-Start. Run by the Boys and Girls Clubs of Calgary, the decade-old initiative provides volunteers to support families struggling with young children.

For the Nielsens, that help came in the form of Patricia Brunsch. A mother of two herself, Brunsch took quickly to the Nielsen clan, helping out with everything from potty-training and laundry to zoo trips and family barbecues.

"They're like family to me — they came to my son's wedding," said Brunsch, who also previously ran a day home for 16 years. "It's very rewarding. I love kids."

Nowadays the Nielsen kids are healthy and rambunctious and Brunsch has continued on helping other families, but she still makes sure to pay the occasional visit. Lori even manages to find a few minutes of peace and quiet for herself from time to time.

"Everyone's great now," she said. "There were times when it was wild ... but it all really worked out in the end."

Quoted

"To know that there's somebody you can call when no one else can get here ... it just helps your overall well-being so much."

Lori Nielsen, mother of four, who received support from Home-Start

Program overview

- In 2011 alone, volunteers with Home-Start made nearly 1,100 home visits to assist families in need. The program currently has a roster of 26 volunteers, according to co-ordinator Marion Paulson.
- Volunteers are recruited through various avenues and then put through a training program and background check.
- "We usually have families already on a waiting list," Paulson said. "So we match the family with the volunteer and they usually visit once a week for three to four hours."
- For more information, visit boysandgirlsclubsofcalgary.ca.

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Hudson steps out in public

Sixteen-month-old polar bear Hudson makes his first public appearance at the Assiniboine Zoo in Winnipeg on Thursday. JOHN WOODS/THE CANADIAN PRESS

Climate-change efforts on front burner in U.S.

State of the Union. Obama commits to environmental issues, with Keystone XL pipeline a flashpoint

U.S. President Barack Obama's State of the Union clarion call for action on environmental issues has put climate change at centre stage — and the Keystone XL pipeline is once again playing the role of the villain.

As the Government Accountability Office added climate change to its list of "high risk" fiscal issues that threaten big costs to taxpayers, two liberal U.S. senators introduced legislation Thursday aimed at putting a price on carbon.

The bill from Bernie Sanders, an independent from Vermont, and Barbara Boxer, a California Democrat, would levy greenhouse-gas-emission fees on U.S. power plants and at the point of importation, meaning Alberta oilsands bitumen travelling through TransCanada's Keystone XL pipeline would be levied as it entered the United States.

The money raised — a staggering $1.2 trillion over the next decade, according to the Congressional Budget Office — would then be used to fund investments in clean energy. The bill would also provide rebates to consumers to offset any efforts by oil, coal or gas companies to raise prices.

While the legislation has dim hopes of being signed into law, since several Democratic lawmakers hail from oil- or coal-rich states, the senators are attempting to keep climate change in the national spotlight in the midst of Obama's newfound commitment to environmental issues.

THE CANADIAN PRESS

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Travel. Florida flip-flops on rule forcing Canadians to get 2nd driver's licence

Driving near Key Largo, Florida. ANDY NEWMAN/FLORIDA KEYS NEWS BUREAU/ THE ASSOCIATED PRESS FILE

State officials in Florida scrambled Thursday to reassure anxious Canadians that they don't need to worry about new laws requiring them to have an International Driving Permit to motor around the Sunshine State.

Changes are in the works to legislation requiring that all visitors with foreign licences must have an international permit issued by their country of residence in addition to a valid licence from home, a spokeswoman with Florida's Department of Highway Safety and Motor Vehicles said Thursday.

"I'm not sure exactly how we're going to end up working it, but we're going to determine how to modify it to accommodate the concerns of Canadians and others," said Kirsten Olsen-Doolan.

"The main issue is public safety, not to give anybody a hard time or make it difficult to come visit."

The quiet implementation of the regulations on Jan. 1 — which apply to any vehicle, including rentals — resulted in many Canadians being caught off guard.

"I had no idea. We've been coming down here for years and never had a problem," said David Whitford, a Norwich, Ont., resident currently in Cape San Blas, Fla., who realized he'd technically been driving around illegally for the past few weeks.

Florida officials have said the law was passed so police are not faced with foreign licence documents in languages they can't understand.

Earlier in the day the department issued a statement saying it learned its new requirement might violate the Geneva Convention on Road Traffic.

"The Florida Highway Patrol will defer enforcement of violations of the amended statutory section until a final determination of the alignment of the amendment with the treaty can be made," the department said. **THE CANADIAN PRESS**

Lost data. Bureaucrats 'sorry' for privacy breach

We're sorry and we're trying to ensure it never happens again.

That was the message Thursday from senior federal bureaucrats responsible for the loss of personal information belonging to more than half a million Canadians.

Employees at Human Resources and Skills Development Canada lost an external hard drive and USB key in November, resulting in a massive privacy breach.

"Sensitive personal information was stored on unencrypted portable storage devices and not properly secured. This should not have occurred," said Ian Shugart, a deputy minister with the department. "I apologize for these incidents."

A trio of bureaucrats from the department appeared before a House of Commons committee Thursday to give their account of the events.

Most of the people affected participated in the Canada Student Loan program between 2000 and 2007.

THE CANADIAN PRESS

A march for the missing, murdered and marginalized

People take part in the March For Missing and Murdered Women on Parliament Hill in Ottawa on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

Harper criticized for telling victims to 'get on' and report abuse

RCMP officers accused. Human-rights group says prime minister is missing fear of reprisal

The human-rights watchdog that documented allegations of police abuse against aboriginal women in British Columbia is taking Prime Minister Stephen Harper to task for telling victims to just "get on" with reporting abuse.

Samer Muscati, a Canadian researcher who was involved in compiling the report released Wednesday, said Harper missed the whole point — that aboriginal women and girls are often too traumatized to co-operate with police.

"Those comments ignore the fear of reprisal those victims have," Muscati told The Canadian Press in an interview Thursday.

The report, from a New York group called Human Rights Watch, accuses RCMP officers of abusing aboriginal women and girls in northern B.C., and also includes an allegation of rape.

The alleged incidents were uncovered as part of a broader investigation into charges of systemic neglect of missing and murdered aboriginal women along B.C.'s Highway 16, nicknamed the "Highway of Tears."

Harper said the government has asked the Commission for Public Complaints Against the RCMP to look into the allegations but he urged those connected with the report to simply come forward.

"If Human Rights Watch, the Liberal party or anyone else is aware of serious allegations involving criminal activity, they should give that information to the appropriate police so that they can investigate it," he told the House of Commons on Wednesday. "Just get on and do it."

Muscati said Human Rights Watch tried to brief Harper and three cabinet members in advance of the report's release, but they were rebuffed.

Muscati said the group has no intention of sharing the information it has about the abuse allegations, as Harper urged them to do.

"We have to stand by the victims who have asked us not to identify them because they're terrified of police retaliation," he said.

THE CANADIAN PRESS

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Anti-violence movement gains momentum across the globe

One Billion Rising. Widespread press coverage of gang rape in Delhi and Taliban shooting of Pakistani activist mobilized world, says Ensler

Thousands danced in the Democratic Republic of Congo. Hundreds chanted in South Africa, carrying signs and candles. The Philippines held a 24-hour dance party. Scores of students in India gathered for a candlelight vigil.

Organizers say these were among thousands of events taking place in 205 countries Thursday as part of One Billion Rising, an international call led by Eve Ensler's V-Day organization to end violence against women and girls.

Ensler, author of The Vagina Monologues, announced the campaign last year, urging women and men around the world to walk out of work or school on Feb. 14, 2013, and dance to raise awareness of the troubling UN statistic that one in three women worldwide will be raped or beaten in her lifetime.

"It's happening, and what we're seeing is really huge uprisings," Ensler said. "It's amazing because it goes from huge events like in Collins Square in London to six girls in a living room in Iran. That's what's so beautiful about it, like the whole world's doing it in the way they can do it."

Scheduled events included flash mobs in San Francisco, a Zumba dance party with Jane Fonda in Los Angeles, a special program at New York's Hammerstein Ballroom featuring Rosario Dawson and Glenn Close, and a rally led by Martin Luther King Jr.'s daughter Bernice A. King in Atlanta.

Ensler is convinced that the global reach of One Billion Rising has achieved its goal of raising awareness of the worldwide problem of violence against women and will inspire leaders to act. THE ASSOCIATED PRESS

Sri Lankan women hold placards during a demonstration to mark the One Billion Rising campaign called to bring an end to violence against women, on Valentine's Day in Colombo, Sri Lanka. Rights groups demanded the government take action to curb rising rape. ERANGA JAYAWARDENA/THE ASSOCIATED PRESS

Ex-soldier cleared of manslaughter

A retired Manitoba warrant officer has been found not guilty of manslaughter in a 2010 training accident in Afghanistan that killed a fellow soldier.

Paul Ravensdale has been convicted of four of the five other charges, the most serious being unlawfully causing bodily harm. The other convictions are on two counts of breach of duty and one count of negligent performance of military duty.

He was acquitted on a second charge of negligent performance of military duty.

Ravensdale was leading a test of anti-personnel mines in February 2010 when one misfired and sent hundreds of steel ball bearings in the wrong direction. The ball bearings killed Cpl. Josh Baker and injured four others.

Ravensdale did not testify at his court martial and his lawyer did not call any witnesses. In an interview with a military investigator days after the accident, Ravensdale said he had no idea what went wrong and that "all hell broke loose." THE CANADIAN PRESS

Arguments

The prosecution had argued that Ravensdale ignored safety rules and allowed soldiers to stand too close to the mine, but the defence said he was simply following plans approved by his superiors.

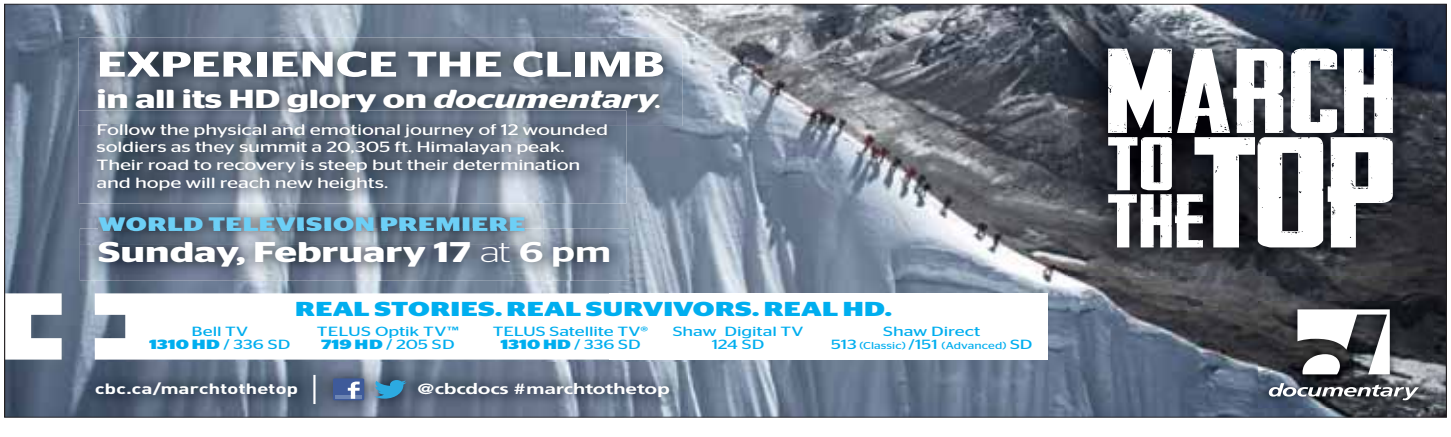
Freedom of the press

Record number of journalists jailed last year: Group

A record number of journalists were imprisoned worldwide in 2012 in a "deteriorating environment for press freedom," a media advocacy group said Thursday.

The New York-based Committee to Protect Journalists said 232 journalists were jailed last year in a "trend driven primarily by terrorism and other anti-state charges levied against critical reporters and editors." The number was the highest since it made its first survey in 1990.

The report said that 70 journalists were killed in the line of duty in 2012. That's 43 per cent more than in 2011. THE ASSOCIATED PRESS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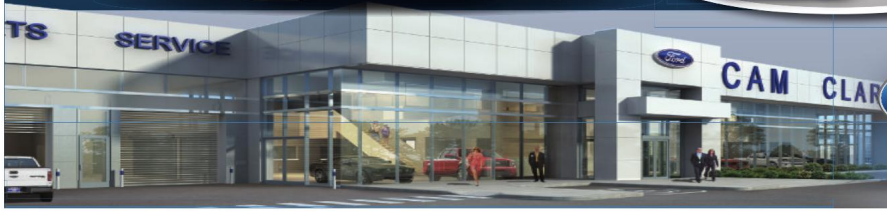

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Quebec tells zombie hordes to drop dead

Civil security.
Province nixes plans for walking-dead-themed emergency training exercise at symposium

The zombie apocalypse has been cancelled.

The Quebec government has stepped in to scrub plans for a zombie-themed emergency training exercise.

Participants at an annual symposium on civil security had been planning to use a hypothetical living-dead attack to test emergency preparedness.

Such a theme has been used elsewhere. The logic behind it is to use something that could never actually occur, as opposed to a flood or an ice storm, because that way emergency-preparedness officials might think of new problems and solutions.

News of the plan had elicited considerable guffaws this week, along with some complaints about wasteful government spending.

Flesh-eaters won't be rising in la belle province after the Quebec government ordered a halt to a zombie-themed security exercise. MARCO UGARTE/THE ASSOCIATED PRESS FILE

So now the provincial cabinet has stepped in. Public Security Minister Stephane Bergeron announced in a press release Thursday that he has ordered a change of plans.

The new scenario will simulate a flood.

"I thought ... the theme of the workshop had taken on a greater importance than its goal and that it was better to change it," Bergeron said in a statement.

He said he took the decision "so as not to undermine the real purpose of the activity, which is and remains a very important exercise for civil security."

He said he needed to act to preserve the credibility of the symposium. THE CANADIAN PRESS

Spreading like an infection

Hypothetical zombie attacks are becoming a popular emergency preparedness teaching tool.

- Last September, the U.S. Department of Homeland Security held a similar exercise as part of a campaign to encourage better preparation for genuine disasters.
- B.C. conducted a similar exercise last May, offering tips on how to prepare for a fake zombie apocalypse to generate awareness of social-media tools.

Love is in the air

Portuguese performer Pauliana Almeida, 34, kisses her partner, Yuga Hatta, 26, of Japan, after rappelling down the Clerigos Tower during a performance to mark Valentine's Day in Porto, Portugal, Thursday.
PAULO DUARTE/THE ASSOCIATED PRESS

Motoring

New Florida licence rules come as shock to drivers

Canadians on both sides of the border expressed surprise and indignation Thursday upon learning new rules require them to have an International Driving Permit to motor around Florida.

But as word of the change began to circulate, officials in the state that millions of Canadians visit every year issued a release saying enforcement was being deferred because the change may run afoul of an international treaty.

Under the rules introduced Jan. 1, all visitors with foreign licences must have an international permit issued by their country of residence in addition to a valid licence from home.

The quiet implementation of the regulations — which apply to any vehicle, including rentals — resulted in many Canadians being caught off guard.

Florida officials have said the law was passed so police are not faced with foreign licence documents in languages they can't understand. THE CANADIAN PRESS

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Track star charged with murder of his activist-model girlfriend

'Blade Runner.' Model Reeva Steenkamp was shot at the home of paralympic superstar Oscar Pistorius

South African paralympic sprint runner Oscar Pistorius was charged Thursday with the murder of his girlfriend, who was shot inside his home; a stunning development in the life of a national hero known as the Blade Runner for his high-tech artificial legs.

Reeva Steenkamp, a model who spoke out on Twitter against rape and abuse of women, was shot four times in the predawn hours in the house, in a gated community in the capital, Pretoria, police said.

Hours later, after undergoing police questioning, Pistorius left a police station accompanied by officers. He looked down as photographers snapped pictures, the hood on his grey workout jacket pulled up, covering most of his face.

His court hearing was originally scheduled for Thursday afternoon but has been postponed until Friday to give forensic investigators time to carry out their work.

South Africans were shocked at the killing. But while Pistorius captured the world's attention with his Olympic quest, police said he was involved in a recent history of problems. Police spokeswoman Brigadier Denise Beukes said the incidents included "allegations of a domestic nature."

"I'm not going to elaborate on it, but there have been incidents (at Pistorius' home)."

"No matter how bad the situation was, Oscar always stayed calm and positive," said his former coach Andrea Giannini. In November, Pistorius also found himself in an altercation with a local coal mining millionaire over a woman, media have reported. THE ASSOCIATED PRESS

Beauty with a law degree

Reeva Steenkamp, 30, campaigned against rape and violence against women. Thursday morning she was to give a talk at a Johannesburg school. The next day she was going to wear black to protest the brutal rape and mutilation of a 17-year-old.

- The freckled, leggy blonde appeared in international advertisements and was South Africa's face of Avon.

An undated photo of Reeva Steenkamp. She was killed Thursday. THE ASSOCIATED PRESS

Oscar Pistorius leaves a police station Thursday. THE ASSOCIATED PRESS

Oscar Pistorius

From podium to police cell

Since captivating the world with his groundbreaking Olympic trip to London, Oscar Pistorius' life seemed like an extended victory lap.

More than 230,000 Twitter followers have been given a glimpse into a life of fast cars and luxury holidays as the hero was feted by an adoring public. The "Blade Runner" has fame that came from becoming the first amputee to compete at the Olympics and Paralympics. THE ASSOCIATED PRESS

Double-amputee Oscar Pistorius after winning the 400 metre T44 at the 2012 Paralympics in London. THE ASSOCIATED PRESS

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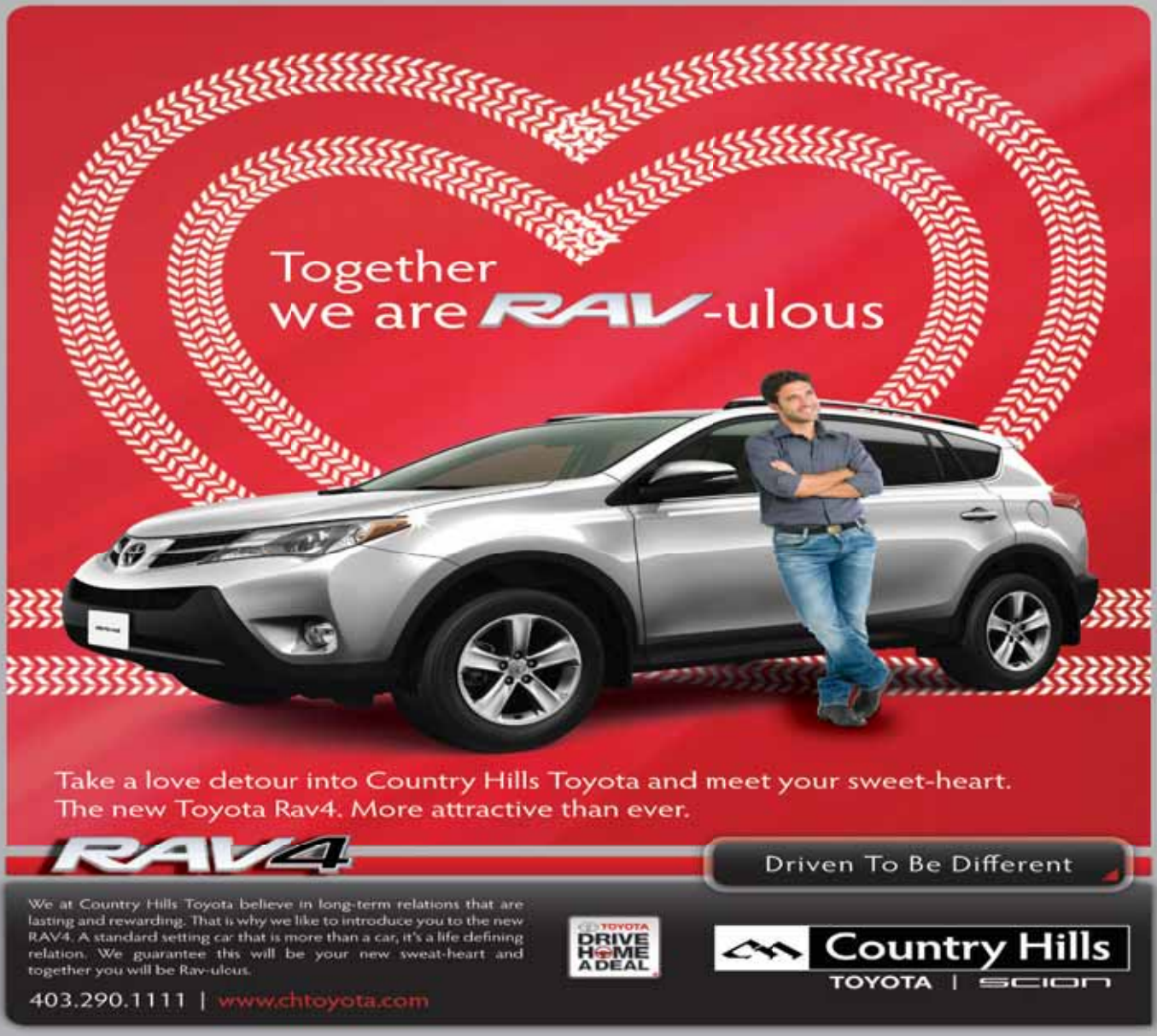
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Vegas gun promos 'in poor taste'

'Take a shot at love'. Gun-control advocates say the specials trivialize the danger of guns

Lindsae MacDuff holding an automatic weapon at the Gun Store in Las Vegas after her "shotgun wedding" in 2012. CONTRIBUTED/BOB MACDUFF/THE ASSOCIATED PRESS

One Las Vegas shooting range is selling "take a shot at love" packages that include 50 submachine gun rounds. Another is offering wedding packages in which the bride and groom can pose with Uzis and ammunition belts. And a third invites lovebirds to renew their vows and shoot a paper cutout zombie in the face.

Never known for its understatement or good taste, Sin City is bucking the U.S. trend of avoiding flippant gun promotions after the Connecticut school shooting in December left 20 young children dead. Instead, it is embracing tourists' newfound interest in big guns the only way it knows how: by going all in.

Capitalizing on the state's relaxed gun laws, shooting ranges offer an armoury of military-grade weapons that aren't accessible in other states. And because this is Las Vegas, they also allow customers to destroy photographs of exes, make souvenir T-shirts full of holes and shoot fully-automatic weapons in barely-there bachelor party mankinis.

Some gun-control advocates say the promotions trivialize the dangers of high-powered weapons.

"These gun stores and shooting ranges offer bad puns in poor taste in their efforts to put a happy face on firearms, yet each day more than 86 Americans die from gun violence," said Josh Sugarmann, who is executive director of the Washington D.C-based Violence Policy Center.

THE ASSOCIATED PRESS

Quote

"These gun stores and shooting ranges offer bad puns in poor taste in their efforts to put a happy face on firearms."

Josh Sugarmann, executive director of the Washington D.C-based Violence Policy Center

Public enemy No. 1

This poster displayed at a Chicago Crime Commission news conference Thursday in Chicago, shows Joaquin "El Chapo" Guzman, a drug kingpin in Mexico, who was deemed Chicago's Public Enemy No. 1. It is first time since prohibition, when the label was created for Al Capone, that anyone else has been named Public Enemy No. 1. M. SPENCER GREEN/THE ASSOCIATED PRESS

Conservatives

Valentine's Day under fire in Pakistan

Romance is not dead in Pakistan, but it's under attack.

Conservatives in Pakistan tacked up posters urging people to boycott Valentine's Day on Thursday, saying it's a Western-inspired event that's spreading vulgarity in their country. Romantics fought back with an arsenal of flowers, pink teddy bears and heart-shaped balloons.

THE ASSOCIATED PRESS

A man drives a truck with signage denouncing Valentine's Day in Karachi, Pakistan, Thursday. SHAKIL ADIL/THE ASSOCIATED PRESS

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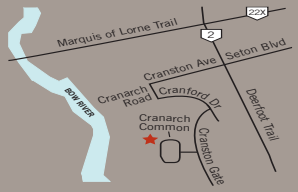

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Coast guard. Disabled cruise ship on the move again after towline break

The miserable passengers aboard the ill-fated Carnival cruise ship were slowly making their long journey home Thursday after crews replaced a broken tow line, another bad break that briefly set the ship adrift off the Alabama coast.

As passengers came within sight of land and a cellphone signal, a clearer picture of the scene aboard the ship began to emerge. They described overflowing toilets, sewage backed up in showers, scarce food, people getting sick and a tent city on what was supposed to be a tanning deck. What began as a four-day voyage in the Gulf of Mexico had turned into a vacation nightmare, not at all the luxury cruise touted in brochures. The more than 4,000 people who left Galveston, Texas, a week ago were expected to make it to shore Thursday night at the earliest — only to then face an hours-long bus ride or other travel hassles to finally get back home.

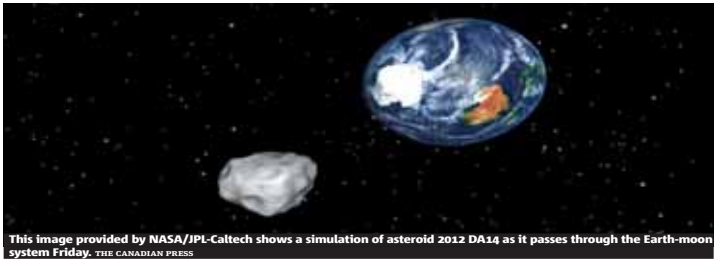
Frustrations with the cruise line were simmering on and off the ship, as passengers and their relatives questioned why it has taken so long to get back to dry land after an engine-room fire disabled the ship Sunday. THE ASSOCIATED PRESS

San Diego

Mayor: Reverse Robin Hood

Former San Diego mayor Maureen O'Connor acknowledged Thursday in federal court that she took $2.1 million from her late husband's charitable foundation and gambled it away during a nearly decade-long binge when she wagered more than $1 billion. O'Connor, 66, pleaded not guilty to money laundering under a deal with federal prosecutors that will allow her to defer prosecution for two years as she works to repay the money.

O'Connor was married to Robert O. Peterson, founder of the Jack in the Box restaurant chain. She wagered more than $1 billion from 2000 to 2009, according to her attorney. THE ASSOCIATED PRESS



This image provided by NASA/JPL-Caltech shows a simulation of asteroid 2012 DA14 as it passes through the Earth-moon system Friday. THE CANADIAN PRESS

Fly-by asteroid won't be disasteroid

Asteroid 2012 DA14. Scientist says it's the largest space rock on record to pass so close to Earth — 27,600 km

An asteroid about half the size of a football field will make a very close visit to Earth on Friday and will even be affected by the planet's gravitational pull.

Asteroid 2012 DA14 will pass inside the ring of satellites that circle the planet, but scientists say Canadians shouldn't be worried about a collision.

Peter Brown, a scientist at Western University in London, Ont., says it's the largest asteroid on record to pass so close to the Earth — 27,600 kilometres.

It is expected to pass over the Indian Ocean at around 2:30 p.m. EST.

"Things of this size get this close to the Earth or closer only about once every 40 years," Brown, who studies asteroids and meteors, said in an interview.

The asteroid will come so close that the Earth's gravity will change its orbit, but it won't be dragged down.

"We know with absolute certainty it will not impact the Earth on Friday," Brown said. "And we can say that there's a very low chance ... that it will impact (the Earth) in the next 100 years or so." THE CANADIAN PRESS

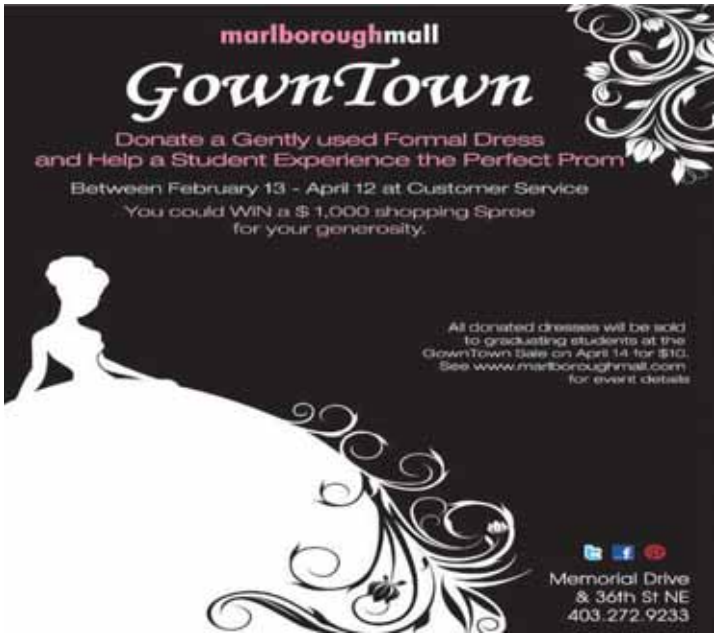
'Melrose Place.' Actress gets 3 years for vehicular homicide

A former Melrose Place actress who was drunk when her SUV plowed into a car and killed a woman was sentenced Thursday to three years in prison, infuriating the victim's family who had hoped for the 10-year maximum.

Amy Locane-Bovenizer THE ASSOCIATED PRESS

A jury in November convicted Amy Locane-Bovenizer of vehicular homicide in the 2010 death of 60-year-old Helene Seeman.

Locane-Bovenizer will be eligible for parole after 2 1/2 years and will be credited the 81 days she has already served. She also had her licence suspended for five years and will be on probation for three years after her release. THE ASSOCIATED PRESS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Buffett will have some ketchup on the side

Billionaire Warren Buffett is dipping into the ketchup business as part of a $23.3-billion deal to buy H.J. Heinz Co., uniting a legend of American investing with a mainstay of grocery store shelves. It's the largest deal ever in the food industry and is intended to help Heinz accelerate its transformation into a global business. The company, based in Pittsburgh, also makes Classico pasta sauces, Ore-Ida potatoes and Smart Ones frozen meals. Buffett's Berkshire Hathaway is partnering on the deal with 3G Capital, the investment firm that bought Burger King in 2010. THE ASSOCIATED PRESS FILE

Merger gives birth to U.S. mega-airline

$11B deal. New carrier formed by US Airways, American Airlines will carry more passengers than any other in world

American Airlines and US Airways agreed Thursday to merge in an $11-billion deal that would create the world's biggest airline.

The combined carrier will be called American Airlines and be based in Fort Worth, Texas. It expects to have $40 billion in annual revenue and offer more than 6,700 daily flights to 336 destinations in 56 countries.

The deal is a coup for smaller US Airways Group Inc., and was driven by the persistence of its CEO, Doug Parker, who will run the combined airline. Parker sought a merger almost as soon as American parent AMR Corp. filed for bankruptcy protection in November 2011.

As Parker pushed ahead, creditors forced AMR's management to consider the value of a merger compared with a plan for an independent American. Eventually they concluded that the best return for stakeholders, and the best chance to compete with bigger rivals United Airlines and Delta Air Lines, came from a merger.

The deal also caps a turbulent half-decade of bankruptcies and consolidation for the U.S. airline industry.

American Airlines and US Airways jets park at the Philadelphia International Airport on Thursday. THE ASSOCIATED PRESS

Delayed effect

- Travellers on American and US Airways won't notice immediate changes as a result of the merger. It likely will be months before the frequent-flier programs are combined and years before the two airlines are fully integrated.

Since 2008, Delta gobbled up Northwest, United absorbed Continental and Southwest bought AirTran Airways. If this latest merger goes through, American, United, Delta and Southwest will control about three-quarters of U.S. airline traffic.

The merger, expected to close in this year's third quarter, will reduce the number of major U.S. airlines to four: the new American, United, Delta and Southwest. That concerns some consumer advocates, but Parker sought to assure travellers that the merger helps them too — by creating a bigger rival to United and Delta. THE ASSOCIATED PRESS

Parting ways

Balsillie has sold BlackBerry shares, filing shows

Jim Balsillie once re-mortgaged his house to help build the BlackBerry company, but by the end of last year, the former co-CEO had cleaned out any shareholder stake he still owned. A document filed with U.S. regulators shows that by Dec. 31 of last year he no longer held shares in the company formerly known as Research In Motion. THE CANADIAN PRESS

Blast from the past

Pocket pets: Tamagotchi to launch app

Tamagotchi is re-hatching as an app. Bandai America Inc. and Sync Beatz Entertainment are hoping to revive the electronic pet craze of the 1990s with a new mobile app launching for Android devices. The app, which is called Tamagotchi L.i.f.e., duplicates the egg-shaped plastic toy that became a must-own sensation much like Beanie Babies, Tickle Me Elmo and Furby. THE ASSOCIATED PRESS

Market Minute

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GOLD
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Natural gas: $3.17 US (-14¢)
Dow Jones: 13,973.39 (-9.52)

New cars must have shoulder belts for rear centre seats, Ottawa says

All new cars built in Canada as of September 2015 will come equipped with shoulder safety belts for the rear centre seat, a change that's part of an alignment of auto safety regulations in Canada and the U.S.

New crash test standards are also being adopted that could both improve automotive safety and save car makers millions of dollars, Health Minister Leona Aglukkaq said Thursday as she took part in announcing the changes.

On top of adding a mandatory requirement for lap and shoulder seat belts in the rear centre seat, car makers will have to use female and child-sized dummies in their crash tests, says Transport Canada. Those tests must also be conducted at higher speeds for front-end crashes. THE CANADIAN PRESS

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THE LIST
Mike Benhaim
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1 **Un, deux, trois.** U.S. President Barack Obama reacted to North Korea's nuclear test Tuesday by promising firm action on what he views as Kim Jong-un's "highly provocative act." The prez claims the move blatantly threatens U.S. security and international peace. After all, America already has all the nuclear weapons the world will ever need.

2 **Missionary position.** We bid farewell to Pope Benedict XVI, a sports fan obviously named after Super Bowl XVI when the 49ers defeated the Bengals. This week, the papal "Giant" gathered the "Cardinals," some of whom might be "Saints," and ask the "Angels" to decide which "Patriots'" cups will run over. Vatican spokesman, Father "Lombardi" says that Benedict is keeping the "book" close, but that he has spent the last eight years assembling a team of veterans, still young enough to compete, who he believes can go all the way. So there.

3 **Games people play.** Jacques Rogge, president of the International Olympic Committee, has agreed to discuss the decision to drop wrestling from the Games, but let's face it, who cares? I mean, we're not talking about a *real* sport like table tennis or synchronized swimming.

4 **Fortunate sons.** Wonton Food Inc., largest U.S. producer of fortune cookies, has ceased printing intimate messages like "The evening promises romantic interest" because some parents complained they were inappropriate for their children. OK, folks, if this offends you, my first suggestion is don't have kids. And if you choose to disregard this wisdom, well, good luck with school, the Internet, HBO or raising a child in general.

5 **Space marketing.** The SETI (search for extraterrestrial intelligence) institute and International Astronomical Union started a public poll to name the recently discovered moons orbiting Pluto. The guidelines strictly specify names of underworld characters in Greek or Roman mythology, which disqualifies my entries of Kim and Khloe, Snooki and JWoww, and Tito and Jermaine, but many names from Harry Potter still apply.

6 **Alternate-reality TV.** I dreamed I was at a party full of good-looking, talented, rich hobbyists who regularly have outrageous sex with extraordinarily attractive people. One would intermittently raise a glass to praise the other publicly for the value of their output. I found myself looking in while the distance between us grew, panic setting in just as I awoke, relieved that I hadn't missed the Grammys.

7 **Capital duplicity.** Notorious infidelity website Ashley Madison released its list of Canadian cities with the most cheating spouses. The hands-down winner was Ottawa, where about one out of every 20 residents are members. This sparked an outcry among citizens who were devastated to discover there is such dishonesty in our nation's capital.

8 **Hear me roar.** This week in 1975, at the height of women's lib, Linda Ronstadt had her first and only solo No. 1 U.S. hit with You're No Good. Ladies throughout America expressed solidarity as they enthusiastically sang the chorus to their men before defiantly leaving them. Just in time for Valentine's Day.

Kim, Kourtney and Khloe Kardashian can't keep up with Pluto's new moon name requirements, recent reports suggest. CHRIS PIZZELLO/THE ASSOCIATED PRESS

British army deploys the toy

SWNS.COM

Warfare technology

Spy chopper fits in palm of your hand

It looks like a toy helicopter but one commander has called it "a game-changing piece of kit" in modern warfare.

This pocket-sized aircraft, Black Hornet Nano, has been unveiled as the British army's latest weapon against the Taliban. The surveillance drone has three cameras fitted inside its nose to allow troops to spy on enemies from afar.

METRO WORLD NEWS

Army's viewpoint

"Previously, we'd have sent soldiers forward to see if there were any enemy fighters hiding inside a set of buildings. Now we're deploying a Black Hornet to look inside compounds. It's so small and quiet that the locals can't see or hear it."

Maj. Adam Foden, commander of the Brigade Reconnaissance Force at Camp Bastion, Afghanistan

The drone relays video and still images to a handheld control terminal. MINISTRY OF DEFENCE

War casualties

Drones have killed children: UN

Drones are now a mainstay for the military but they are not without controversy.

U.S. attacks by manned and unmanned aircraft have killed "hundreds" of children, according to the Committee on the Rights of the Child. The UN body said casualties were "due notably to reported lack of precautionary measures."

METRO WORLD NEWS

Metropolitan Panel

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If you could have one superpower, which would it be?

Twitter

@tylerjstewart7: If you walk onto the C-Train during morning rush hour with a lit cigarette, you are a super jerk. #yyc

@nicestabrooks: #yyc #winterbike today when I got coffee I noticed that without the bike, but with the bike outfit I look like a lost improv actor.

@100PercentCW: I love how on a quiet morning, if you listen carefully, you can hear your bus coming minutes before you see it. #yyc

@mellow2167: Can every day be V-Day on #yyc roads? No red lights, nobody cut me off, and made it to #uofc in 20 minutes from Anderson. Love.

@AdDrinx_YYC: happy love day #YYC - an ode for all the singles out there: Roses are Red Violets are Blue Vodka is Cheaper than a Dinner for Two

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2013 X3 xDrive35i NEW. Premium Pkg, Roof Rails, Wave Brown Wood Trim, Silver.	$54,967	$51,999	$2,968	G12785
2013 X3 xDrive35i NEW. Prem, Tech & Exec Pkg, Roof Rails, Black Sapphire Met, Red Nevada Lthr.	$64,212	$59,999	$4,213	G12935
2012 X5 xDrive35d Demo, 7,700 km Premium Pkg, Running Boards, Space Grey Met, Black Nevada Lthr.	$73,207	$63,999	$9,208	G12131
2012 X5 xDrive35d Demo, 12,441 km Prem, Sound, Executive Pkg, Running Boards, Pit Grey Met, Black Nev Lthr.	$76,912	$67,999	$8,913	G12175
2012 X5 xDrive35d Demo. 2,400 km Premium Pkg, Running Boards, Alpine White, Black Nevada Lthr.	$73,207	$62,999	$10,208	G12132
2012 X1 xDrive28i Demo. 16,190 km Premium Pkg, Park Distance C, Winter Tire Pkg, Space Grey Met, Blk Lthrette.	$46,797	$39,900	$6,897	G11941
2012 X1 xDrive28i Demo. 15,100 km Prem, Conv, Lghg, Winter Wheel & Tire Pkg, Gr Blue Met, Blk Nev Lthr	$52,247	$43,000	$9,247	G11943
2012 X1 xDrive28i Demo. 10,311 km Premium Pkg, Park Distance Control, Titanium Silver Met, Black Lthrtte.	$45,197	$35,900	$9,297	G11952
2012 X1 xDrive28i Demo. 13,069 km Prem, Conv, Sport Pkg, Harman Kardon, Winter Wheel & Tire Pkg, Blue, Blk.	$54,197	$41,900	$12,297	G11979
2012 528i Sedan xDrive Demo, 15,333 km Alpine White, Black Lthrette.	$60,857	$45,900	$14,957	G12328
2012 335i Sedan Luxury Line, Auto, Demo. 7,010 km Prem Pkg, Ext Bluetooth, Apps, Sat Radio, Alpine White, Sdl Brown Dkt Lthr.	$60,962	$54,900	$6,062	G12433
2011 535i Sedan Auto, Demo, 11,876 km Technology & Executive Pkg, Havana Met, Black Leather.	$74,262	$59,900	$14,362	G10852
2011 323i Sedan Auto. Courtesy. 8,858 km Premium & Hands-free Pkg, Incl winter wheel & tire set, Sp Grey Met, Black.	$47,050	$37,900	$9,150	G10974
2011 323i Sedan Auto. Courtesy. 3,262 km Premium Pkg, Titanium Silver Met, Black Leatherette.	$43,051	$32,900	$10,151	G11058
2012 328i xDrive Coupe Auto. NEW. Premium, Executive & Sport Pkg, Titanium Silver Met, Black Dakota Lthr.	$55,667	$49,900	$5,767	G11163
2011 528i Sedan Auto. NEW. Premium Package, Havanna Met, Black Dakota Lthr.	$58,267	$49,900	$8,367	G11211
2011 X5 xDrive35d Demo, 1,360 km Premium Pkg, Roof Rails, Running Boards, Alpine White, Black Nevada Lthr.	$70,960	$62,900	$8,060	G12382
2011 335i xDrive Coupe Auto, Demo. 2,126 km Executive, M Sport & Navigation Pkg, Space Grey Met, Black Dakota Lthr.	$71,056	$61,900	$9,156	G11846
2012 X3 xDrive35i Demo. 5,500 km Premium & Executive Pkg, through-loading sys, Alpine White, Black Nev Lthr.		-SOLD-		G12513

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2012 X5 xDrive35i NEW. BMW Individual. Executive Edition, Comfort & Technology Pkg, Citrin Black Met, Oyst Nev Lthr.	$84,162	$74,900	$9,262	N15550
2012 X5 xDrive35d Demo. 12,800 km Premium, Executive, Technology & Sport Pkg, Sp Bronze Met, Beige Nev Lthr.	$85,462	$67,900	$17,562	N15607
2012 X1 xDrive28i Demo. 3,713 km Premium, Sport & Lighting Pkg, SIRIUS, Titanium Silver Met, Black Lthrette.	$49,947	$41,900	$8,047	N14414
2012 X1 xDrive28i Demo. 7,207 km Premium & Sport Package, Jet Black, Black Lthrette.	$46,497	$39,900	$6,597	N15403
2012 328i xDrive Touring Auto. Demo, 9,960 km Premium Sound Pkg, BMW Apps, Executive Ed, Alpine White, Black Dkt Lthr.	$57,557	$43,900	$13,657	N14156
2012 328i xDrive Coupe Auto, Demo. 5,810 km Premium, Connected Tech & M Sport Pkg, Alpine White, Coral Red Dkt Lthr.	$59,457	$49,900	$9,557	N14308
2012 328i Sedan Luxury Line, Auto, Demo. Executive & Premium Pkg, Liquid Blue Met, Saddle Brown Dakota Lthr.	$53,807	$45,900	$7,407	N14858
2012 335i Sedan Modern, Auto, Demo. 14,000 km HEA Premium Pkg, BMW Apps, SIRIUS, Havanna Met, Oyster Dakota Lthr.	$64,062	$46,900	$17,162	N15346
2012 320i Sedan Auto. Demo. 5,582 km Premium Package, Heated steering wheel, Liquid Blue Met, Black Lthrette.	$43,937	$35,900	$8,037	N14664
2012 320i Sedan Auto. Demo. 8,204 km Premium Package, Heated steering wheel, Glacial Silver Met, Black Lthrette.	$43,937	$35,900	$8,037	N14650
2012 320i Sedan Auto. Demo. 5,907 km Premium Package, Heated steering wheel, Alpine White, Black Lthrette.	$43,137	$35,900	$7,237	N14651
2012 320i Sedan Auto. Demo. 4,202 km Premium, Lighting Pkg, Heated Steering Wheel, Alpine Wh, Blk Lthrette.	$44,337	$36,900	$7,437	N14502
2012 320i Sedan Auto. Demo. 5,547 km Premium Pkg, Heated Steering Wheel, Glacier Silver Met, Blk Lthrette.	$45,657	$37,900	$7,757	N14832
2012 328i xDrive Touring Auto. Demo, 6,500 km M Sport & Exec Pkg, Alpine White, Blk Lthrette.	$60,157	$44,900	$15,257	N14442
2012 328i xDrive Touring Auto. Demo. 4,202 km Exec Edition Pkg, Blk Sapphire Met, Saddle Brown Dkta Lthr.	$55,362	$45,900	$9,462	N14440
2012 335is Convertible DKG. Demo. 8,500 km Tech & Sound Pkg, 7-Speed DKG Double Clutch Trans, Blk Sphr Met, Blk Lthr.	$85,912	$66,900	$19,012	N15663
2012 M3 Coupe DKG. Demo. 4,214 km MDrive, Exec & Competition Pkg, M Double Clutch, Alpine White, Blk Lthr.	$88,662	$75,162	$13,500	N15602
2012 M3 Coupe DKG. Demo. MDrive, Exec & Competition Pkg, M Double Clutch, Dakar Yellow, Blk Lthr.	$97,352	$82,900	$14,452	N13917
2012 M3 Convertible DKG. Demo. M Drive Pkg, M Double Clutch, 19" M Wheels, Lipstick Met, Blk Lthr.	$107,712	$89,900	$17,812	N14538

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2012 Accord Coupe V6 EX-L Navi Auto. NEW. 3.5L V6, Taffeta White, Black Leather.	$38,055	$33,105	$5,000	N22775
2012 Civic Coupe EX-L Navi Auto. NEW. Alabaster Silver Metallic, Grey Leather.	$26,978	$24,478	$2,500	N22720
2012 Civic Coupe EX-L Navi Auto. NEW. Alabaster Silver Metallic, Grey Leather.	$26,978	$24,478	$2,500	N23292
2012 Civic Coupe EX-SR Auto. NEW. Polished Metal Metallic, Grey Fabric.	$23,528	$21,028	$2,500	N22140
2012 Civic Coupe EX-SR Auto. NEW. Polished Metal Metallic, Grey Fabric.	$23,528	$21,028	$2,500	N23029
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2012 Civic Sedan LX Auto. NEW. Urban Titanium Metallic, Grey Fabric.	$20,947	$18,447	$2,500	N23521
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2012 Civic Sedan LX Auto. NEW. Polished Metal Metallic, Grey Fabric.	$20,947	$18,447	$2,500	N23586
2012 Civic Sedan LX Auto. NEW. Polished Metal Metallic, Grey Fabric.	$20,947	$18,447	$2,500	N23585
2012 Civic Sedan LX Auto. NEW. Polished Metal Metallic, Grey Fabric.	$20,947	$18,447	$2,500	N23584
2012 Civic Sedan LX Auto. NEW. Alabaster Silver Metallic, Grey Fabric.	$20,947	$18,447	$2,500	N23568
2012 Civic Sedan LX Auto. NEW. Alabaster Silver Metallic, Grey Fabric.	$20,947	$18,447	$2,500	N23575
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2012 Civic Sedan LX Auto. NEW. Alabaster Silver Metallic, Grey Fabric.	$20,947	$18,447	$2,500	N23611
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2012 Cooper S Countryman ALL4 Demo. 435 km Automatic, Sound & Premium Package, True Blue Met, Black Leatherette.	$40,216	$36,216	$4,000	M15104
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2012 Cooper S Countryman ALL4 Chili Edition Demo. 3,981 km, Automatic, Premium Package, Chili Red, Black interior.	$39,136	$34,136	$5,000	M15117
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Sarah Polley's Stories We Tell is just one of the more recent great made-in-Canada films. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Films of the true North strong and free

Celebrating the maple leaf. The Reel Guys take a look at their fave movies made by Canucks on National Flag of Canada Day

Richard: Mark, Canada has a rich tradition of documentary film making, so I thought I'd start with one of my recent favourite Can Con films, a doc by Sarah Polley. Stories We Tell is a frank look at a family secret. For years Sarah's family wondered why she didn't look like her father, actor Michael Polley. In the film she examines the story of her parentage, but what could have been a self-indulgent home movie is, instead, a riveting look into the dynamics of a group of individuals bound together by birth and circumstance. What's grabbed you lately?

Mark: As it turns out, she doesn't look much like her actual father, either! Yes, it's a good movie, although the last 20 minutes seemed too abstract for the rest of the film. I don't think you can talk about Canadian film without talking about French-Canadian film. I'm especially thinking of the great Denys Arcand, whose films play like a Quebecois version of Woody Allen's neurotic New Yorkers, and some of the coming-of-age-themed movies like C.R.A.Z.Y and Léolo, which I think is a masterpiece.

RC: Masterpiece is a big word — literally, it's 11 letters! But it's also applicable in the case of the movies you mentioned. While we're waving that flag I'd also add in Hard Core Logo, Bruce McDonald's long hard look at a punk band's life and death on the road. It's one of the best-loved Canadian films of all time and an all-time favourite of mine, regardless of origin. Less known, but also worthwhile, is the sequel HCL2, an eye-popping followup that captures the spirit of the first film but is also fresh and surprising.

MB: There are hidden gems throughout our cinematic history. One of my favourites, Richard? A Fan's Notes, from 1972. Based on the Frederick Exley book of the same name, it's a dark comedy about a middle-aged guy who realizes he will always be a fan, but never a player, in everything he does.

RC: A few years after A Fan's Notes I saw The Silent Partner, a heist movie about a mall Santa with plans to rob a bank. It's an entertaining movie with two lasting images: the newly built Toronto Eaton Centre and Christopher Plummer in drag!

MB: And if you watch Goin' Down The Road from 1970, the Royal York Hotel is the tallest building on the Toronto skyline!

Synopsis

The most romantic day of the year has come and gone, and while the rest of you are finishing off heart-shaped boxes of chocolates, the Reel Guys are celebrating National Flag of Canada Day by rounding up some of the best Canadian films.

Drama

Amour

Director. Michael Haneke

Stars. Jean-Louis Trintignant, Emmanuelle Riva

The very definition of a small movie tackling a big subject, Amour takes a brutally hard look at aging. Retired music teachers Georges and Anne have their life thrown into flux after a medical condition leaves Anne incapacitated. Devoted to his wife, Georges refuses to check Anne into a home, opting instead to care of her himself. True to its director's reputation for creating bleak tableaus, Amour is neither precious nor judgmental of Georges decisions; rather Haneke lets his characters suffer the consequences of their decisions in a heart-wrenching film. IAN GORMELY

A Glimpse Inside The Mind of Coppola

Movies. It's 'told from a guy's point of view,' but filmmaker says film is just about the human condition

STEVE GOW
scene@metronews.ca

Actor Jason Schwartzman and filmmaker Roman Coppola are clearly good pals. Not only have they worked on several films together (including Moonrise Kingdom — for which Coppola has earned an Oscar nomination for best writing) but the duo are practically inseparable as they pitch their latest comedy.

"I just think we're collaborative by nature and I think it's a good fit," explained Schwartzman recently during an interview. "And Roman, his attitude is if you can dream of it, we can do it — we'll find a way."

Coppola has truly tested that mantra in A Glimpse Inside the Mind of Charles Swan III. Not only is the film's title considerable but the "wild movie" involves a stylized world in which a graphic designer's life (played by Charlie Sheen) unravels at the sudden departure of his true love in spite of his best friend's (Schwartzman) support.

"It's told from a guy's point of view but I was pleased when I showed the film and a good, close friend said (she) really related to that character," admitted Coppola, who is certainly unafraid to enact the sex-obsessed title character's fantasies in the quirky comedy.

"Hopefully it's just about the human condition, so anyone can enjoy it."

The film (which opens Friday) has also been drawing obvious parallels between Charles Swan and its notorious star Charlie Sheen — a circumstance that Coppola stops short of admitting, if only to praise the actor.

"He has a wit, charisma and charm that's just something certain people have and most people don't," said Coppola.

"I knew that he had those chops and abilities as a really fine actor so I was excited and felt confident that he would nail it and was really excited to present him back on the big-screen again because I think he deserves to be there."

Schwartzman's beard

"It was determined pretty early on that I would don as much curly hair as possible and as thick a beard as was doable. (My beard) cast quite an enormous shadow if the sun hit me in the right way."

Schwartzman, of his stylized look in the film.

Actors Charlie Sheen, left, and Jason Schwartzman in A Glimpse Inside the Mind of Charles Swan III. HANDOUT

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The 63rd Annual Berlinale, Germany's frosty answer to the Cannes Film Festival, is currently taking place, screening more than 400 films from around the world, with 19 of those competing for the Golden Bear award. Here's some of the can't-miss entries.

NED EHRBAR
Metro World News in Hollywood

Side Effects

A week after its release in the U.S., Steven Soderbergh brings his "last" film to Berlin — he's threatening retirement after this and his HBO film Behind the Candelabra. If this is it, he's going out on a high note, with a taut adult thriller rooted in America's dependence on the pharmaceutical industry for mental health issues.

The Necessary Death of Charlie Countryman

Frederik Bond's bizarre dystopian romance starring Shia LaBeouf and Evan Rachel Wood received some fairly lousy reviews out of Sundance, so it isn't likely to earn any statues here, but what critics say about the over-the-top content of the film makes it fascinating and hard to miss.

Yi Dai Zong Shi (The Grandmaster)

While it's not a part of the competition, Wong Kar-wai's attention-grabbing martial arts masterpiece has been selected as the festival's opening night film. The historical epic about the origins of kung fu, featuring fight choreography by Yuen Woo-ping (the Matrix, Crouching Tiger, Hidden Dragon) offers plenty action and art-house.

Night Train to Lisbon

Based on Pascal Mercier's high-minded 2004 novel, Oscar-winner Billie August's film finds Jeremy Irons as a Swiss professor abandoning his post to investigate the life of a deceased Portuguese doctor. With Melanie Laurent, Jack Huston and Charlotte Rampling along for this journey, this could prove to be some good, sophisticated fun.

Dark Blood

Also screening out of competition, this title is likely the most anticipated, as director George Sluizer has finally "completed" his 1993 film, left unfinished when star River Phoenix died of a drug overdose 10 days before shooting was to be completed. The missing segments are filled in with Sluizer's voice-over.

Brief

Phoenix's last film to screen

The late River Phoenix's last movie, Dark Blood, has received a rare screening at the Berlin film festival. But its director says the picture may never go out for general release. George Sluizer told reporters Thursday negotiations with the financial company that owns the movie are "tough" because "they don't care about culture, they care about money." Phoenix died of a drug overdose in October 1993. He stars as a young widower living in the Arizona desert who takes a couple prisoner.

THE ASSOCIATED PRESS

Should kids be in the Oscar race?

Award season analysis. With 9-year-old Quvenzhane Wallis in the running for a best actress statue, experts debate if children are deserving of coveted awards

Quvenzhane Wallis is the youngest-ever actress nominee at the Academy Awards. ALL PHOTOS: THE ASSOCIATED PRESS

Beasts of the Southern Wild star Quvenzhane Wallis is an actress of talent, poise and maturity well beyond her years.

She was only five years old when she auditioned and six when she played the part of Hushpuppy, a little girl of fierce strength and resourcefulness living with her daddy in a squalid slab of Louisiana swampland known as The Bathtub. She was just a regular kid from nearby Houma, La. — she'd never even acted before, and actually pretended to be a year older than she was to be considered.

Now, at only nine, Quvenzhane (Kuh-VAHN-zuh-nay) is the youngest-ever actress nominee at the Academy Awards. Altogether, Beasts has four nominations at the Feb. 24 ceremony, including best picture.

While her presence is undeniable, Quvenzhane's nomination raises the question: How young is too young to compete for an Oscar, the film industry's highest honour, which has eluded performers with decades more experience and acclaim? Is a child really capable of acting, with craft, or do these performances reflect uncanny instinct?

Director Benh Zeitlin doesn't think nine is too young for such an honour. Zeitlin, who is up for a best-director Oscar himself with just his first feature, praised Quvenzhane for the incredible sense of self she displayed from the beginning. But he also recalled one day when she seemed to be struggling on set, and he took her aside to ask what was wrong.

"'I know. I can't snap it today. Normally I can snap it,'" he remembered her saying.

"The fact that she had an internal sense of when she's in character, when she's getting the emotions right and feeling it, is really special even in experienced actors, but especially someone of her age to have that sort of self-awareness."

Justin Henry, who remains the youngest-ever Oscar nominee in any category for 1979's Kramer vs. Kramer, said that in some ways it's a purer form of acting at this age.

Henry was just six years old and had never acted when a casting director came to his Rye, N.Y., school looking for someone to play Billy, the little boy at the centre of Dustin Hoffman and Meryl Streep's custody battle.

He was seven when he shot the film and eight when he was nominated for best supporting actor. He lost to 78-year-old Melvyn Douglas for Being There. (Tatum O'Neal is still the youngest Oscar winner in any category; she was 10 when she earned the supporting-actress Oscar for 1973's Paper Moon.)

A voting Academy member, Henry said he thought it was "awesome" to see Quvenzhane get nominated for the acclaimed Fox Searchlight indie drama, which he called the best movie of the year.

Now 41 with a seven-year-old daughter of his own, he looks back at his own nomination and acknowledges: "I didn't even know what it meant. ... I just remember being nervous as hell about having to give a speech in front of 3,000 people.

"That's the great thing about acting: In some ways, it's a child's game," said Henry, who went on to play Molly Ringwald's wisecracking younger brother in the John Hughes classic Sixteen Candles and now specializes in web video distribution.

"You're just pretending, so sometimes it's easy when you're a kid. You just kind of follow your instincts."

THE ASSOCIATED PRESS

No place for a kid

Thelma Adams, contributing editor at Yahoo! Movies and a longtime awards prognosticator, points out that Shirley Temple was already well on her way to a career by the time she was six, the same year she earned an honorary juvenile Oscar. "With (Quvenzhane's) performance, it's kind of a life force," says Adams. "To have her nominated, it's not good for her, no matter how great she was in the movie — and she was terrific — but this red carpet thing is a grind."

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(STC) Fri-Thu 12:50-4:15-8
Argo (14A) Fri-Thu 1:05-3:45-6:45-9:40
Flight (18A) Fri-Thu 3:10-6:35-9:30
The Guilt Trip (PG) Fri-Thu 1:10-4:05-7:25-9:50
Hotel Transylvania (PG) Fri-Thu 1:25-3:55-7:15
Ice Age: Continental Drift (G) Fri-Thu 1
The Last Stand (18A) Fri-Thu 9:40
Parental Guidance (G) Fri-Thu 1:35-4:05-6:45-9:55
Skyfall (14A) Fri-Thu 1:15-4:30-8:15
This Is 40 (14A) Fri-Thu 12:50-3:40-6:40-9:30
The Twilight Saga: Breaking Dawn Part 2 (PG) Fri-Thu 1:20-4-7-9:45
Wreck-It Ralph (G) Fri-Thu 1:15-3:50-7:25-9:50

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The Adventures of Elmo in Grouchland (G) Sat 11
Beautiful Creatures (PG) No Passes Fri-Mon 1:10-4:10-7:05-10 No Passes Tue 1-4-6:55-9:50 No Passes Wed 4-6:55-9:50 No Passes Thu 1-4-6:55-9:50 Star & Strollers Screening, No Passes Wed 1
Escape From Planet Earth 3D (G) Fri-Mon 12-2:20-4:45-7:15-9:35 Tue-Thu 12:50-3-5:10-7:30-9:50
A Good Day to Die Hard (14A) No Passes Fri-Sat 12:15-12:45-2:40-3:20-5:10-5:45-7:40-8:10-10:10-10:35 No Passes Sun 12:15-1-2:40-3:30-5:10-5:45-7:40-8:10-10:10-10:35 No Passes Mon 12:15-12:45-2:40-3:20-5:10-5:45-7:40-8:10-10:10-10:35 No Passes Tue-Thu 12:45-1:05-3:05-3:30-5:30-5:55-7:55-8:15-10:15-10:35
Hansel & Gretel: Witch Hunters 3D (18A) Fri-Mon 12:50-3:05-5:20-7:35-9:50 Tue-Thu 1:05-3:20-5:30-7:45-10
The Hobbit: An Unexpected Journey 3D (PG) Fri 11:30-3-6:30-10:05 Sat 11:30-3-6:35-10:05 Sun-Mon 11:30-3-6:30-10:05 Tue-Thu 2-5:35-9:15
Identity Thief (14A) Fri-Sun 12-2:35-5:15-8-10:45 Mon 12-2:35-5:15-8-10:30 Tue-Thu 2:35-5:15-8-10:30
Life of Pi 3D (PG) Fri-Sat 12:10-3:15-6:25-9:20 Sun-Mon 12:10-3:50-6:40-9:30 Tue-Thu 3:50-6:40-9:30
The Metropolitan Opera: Rigoletto Live (STC) Sat 10:55
Move to Move - Netherlands Dance (STC) Sun 12:55
Safe Haven (PG) Fri-Mon 1:40-4:25-7:10-9:55 Tue 1-3:40-6:45-9:35 Wed 3:40-6:45-9:35 Thu 1-3:40-6:45-9:35
Star & Strollers Screening Wed 1
Side Effects (14A) Fri-Mon 11:45-2:10-5-7:40-10:15 Tue-Thu 2:10-5-7:40-10:15
Warm Bodies (14A) Fri-Mon 12:05-2:30-4:55-7:20-9:45 Tue-Thu 2:30-4:55-7:20-9:45
Zero Dark Thirty (14A) Fri 12:20-3:40-7-10:20 Sat 3:40-7-10:20 Sun 6:25-9:40 Mon 12:20-3:40-7-10:20 Tue-Thu 3:10-6:35-9:55

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(STC) Fri 6:50-9:50 Sat-Mon 12:50-3:50-6:50-9:50 Tue-Thu 5:50-8:40
Django Unchained (18A) Fri 7:45 Sat-Mon 12:30-4:10-7:45 Tue-Thu 8:15
A Good Day to Die Hard (14A) No Passes Fri 7:30-10:20 No Passes Sat-Mon 1:30-4:30-7:30-10:20 No Passes Tue-Thu 6:30-9:10
Identity Thief (14A) Fri 7:15-10 Sat-Mon 1-4-7:15-10 Tue-Thu 6:15-9
Quartet (PG) Fri 6:40-9:30 Sat-Mon 12:40-3:40-6:40-9:30 Tue-Wed 5:40-8:30 Thu 5:40-9:20
Safe Haven (PG) Fri 7-10:10 Sat-Mon 1:10-4:20-7-10:10 Tue-Thu 6-8:50

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Argo (14A) SR Dolby Digital, Stadium Seating Fri-Mon 1:30-4:20-7:25-10:15 SR Dolby Digital, Stadium Seating Tue 4:20-7:25-10:15 SR Dolby Digital, Stadium Seating Wed 4:20-10:15 SR Dolby Digital, Stadium Seating Thu 4:20-7:25-10:15
Beautiful Creatures (PG) Stadium Seating, SR Dolby Digital Fri-Mon 12:10-3:35-6:45-9:50 Stadium Seating, SR Dolby Digital Tue-Thu 3:35-6:45-9:50
Escape From Planet Earth (G) SR Dolby Digital, Stadium Seating Fri-Mon 12-1:05-6:30 SR Dolby Digital, Stadium Seating Tue-Thu 6:30
Escape From Planet Earth 3D (G) SR Dolby Digital, Stadium Seating Fri-Thu 3:50-9
A Good Day to Die Hard (14A) SR Dolby Digital, Stadium Seating Fri-Mon 12:30-3:30-7:30-10:10 SR Dolby Digital, Stadium Seating Tue-Thu 3:30-7:30-10:10
A Good Day to Die Hard: The IMAX Experience (14A) SR Dolby Digital, Stadium Seating Fri-Mon 1-4-7:05-9:45 SR Dolby Digital, Stadium Seating Tue-Thu 4-7:05-9:45
Hansel & Gretel: Witch Hunters (18A) Stadium Seating, SR Dolby Digital Fri-Mon 12:55
Hansel & Gretel: Witch Hunters 3D (18A) Stadium Seating, SR Dolby Digital Fri-Thu 3:40-6:50-10:15
The Hobbit: An Unexpected Journey (PG) Stadium Seating, SR Dolby Digital Fri-Mon 12:35
The Hobbit: An Unexpected Journey 3D (PG) SR Dolby Digital, Stadium Seating Fri-Thu 4:30-8:30
Identity Thief (14A) Stadium Seating, SR Dolby Digital Fri-Mon 12:25-1:10-3:20-4:05-6:30-7:10-9:20-9:55 Stadium Seating, SR Dolby Digital Tue-Thu 3:20-4:05-6:30-7:10-9:20-9:55
Love Story of Singh vs Kaur (14A) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Mon 2-5:45-9:45 SR Dolby Digital, Stadium Seating, Sub-Titled Tue-Thu 5:45-9:45
Safe Haven (PG) Stadium Seating, SR Dolby Digital Fri-Mon 1:05-3:45-6:30-9:20 Stadium Seating, SR Dolby Digital Tue-Thu 3:45-6:30-9:20
Side Effects (14A) Stadium Seating, SR Dolby Digital Fri-Mon 1:20-3:55-7:15-10 Stadium Seating, SR Dolby Digital Tue-Thu 3:55-7:15-10
Silver Linings Playbook (14A) Stadium Seating, SR Dolby Digital Fri-Mon 12:05-3:15-6:35-9:55 Stadium Seating, SR Dolby Digital Tue-Thu 3:15-6:35-9:55
Special 26 (PG) Stadium Seating, SR Dolby Digital, Sub-Titled Fri-Mon 2:10-5:50-9:30 Stadium Seating, SR Dolby Digital, Sub-Titled Tue-Thu 5:50-9:30
Vishwaroopam (18A) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Mon 2:35-6-9:25 SR Dolby Digital, Stadium Seating, Sub-Titled Tue-Thu 6-9:25
Warm Bodies (14A) Stadium Seating, SR Dolby Digital Fri-Mon 12:25-3:05-6:55-9:35 Stadium Seating, SR Dolby Digital Tue-Thu 3:05-6:55-9:35

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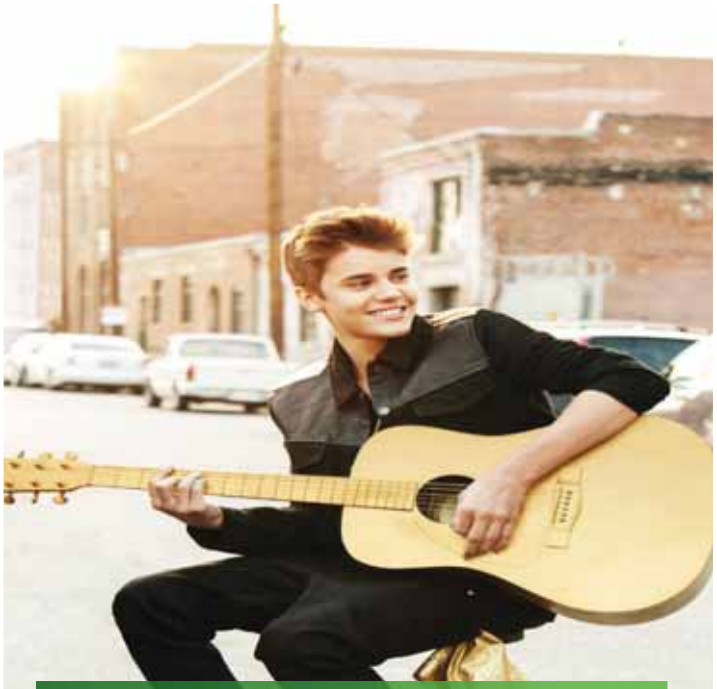
403-974-0470

Beautiful Creatures (PG) Digital Presentation, Stadium Seating Fri-Thu 12-3:10-6:20-9:30



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2. Upload your photos by visiting www.clubmetro.com/beliebe
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!

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Escape From Planet Earth (G) Digital Presentation, Stadium Seating Fri-Thu 1:15-6:50
Escape From Planet Earth 3D (G) Digital Presentation, Stadium Seating Fri-Thu 4:15-9:20
A Good Day to Die Hard (14A) Digital Presentation, Stadium Seating Fri-Thu 7-10 Digital Presentation, Stadium Seating Fri-Thu 1:30-4:30-7:30-10:15
Hansel & Gretel: Witch Hunters 3D (18A) Digital Presentation, Stadium Seating Fri 4:45-8-10:30 Digital Presentation, Stadium Seating Sat-Tue 1:50-4:45-8-10:30 Digital Presentation, Stadium Seating Wed 1:50-4:45-10:30 Digital Presentation, Stadium Seating Thu 1:50-4:45-8-10:30
The Hobbit: An Unexpected Journey 3D (PG) Digital Presentation, Stadium Seating Fri-Thu 2
Identity Thief (14A) Digital Presentation, Stadium Seating Fri-Thu 12:45-3:45-7:15-10:10
Safe Haven (PG) Digital Presentation, Stadium Seating Fri-Thu 12:30-3:30-6:40-9:50
Side Effects (14A) Digital Presentation, Stadium Seating Fri-Thu 1-4-7:40-10:20
Silver Linings Playbook (14A) Digital Presentation, Stadium Seating Fri-Thu 12:15-3:20-6:30-9:40
Warm Bodies (14A) Digital Presentation, Stadium Seating Fri-Thu 1:40-4:40-7:50-10:25

Scotiabank Chinook 6455 MacLeod Trail, 403-212-8994

The Adventures of Elmo in Grouchland (G) Sat 11
Beautiful Creatures (PG) No Passes Fri 1:45-4:40-7:40-10:35 No Passes Sat 11-1:45-4:40-7:40-10:35 No Passes Sun-Thu 1:45-4:40-7:40-10:35
Django Unchained (18A) Fri-Thu 12:45-4:30-8:15
Escape From Planet Earth 3D (G) Fri 12:15-2:35-5-7:30-9:50 Sat 11:10-12:15-2:35-5-7:30-9:50 Sun-Mon 12:15-2:35-5-7:30-9:50 Tue-Thu 2:35-5-7:30-9:50
Gangster Squad (18A) Fri 1:30-4:15-6:55-9:40 Sat 4:15-6:50-9:40 Sun 4:15-6:55-9:40 Mon-Wed 1:30-4:15-6:55-9:40 Thu 3:45-9:40
A Good Day to Die Hard (14A) No Passes Fri-Thu 1-3:30-6-8:30-10:55
A Good Day to Die Hard: The IMAX Experience (14A) No Passes Fri-Thu 12:30-3-5:30-8-10:30
Hansel & Gretel: Witch Hunters 3D (18A) Fri-Thu 12:50-3:10-5:25-7:50-10:15
The Hobbit: An Unexpected Journey (PG) Fri-Thu 2
The Hobbit: An Unexpected Journey 3D (PG) Fri-Thu 6-10
Identity Thief (14A) Fri 12:05-1:50-2:35-4:30-5:15-7:15-8-10:10-45 Sat 11:15-12:05-1:50-2:35-4:30-5:15-7:15-8-10:10-45 Sun-Mon 12:05-1:50-2:35-4:30-5:15-7:15-8-10-10:45 Tue-Thu 1:50-2:35-4:30-5:15-7:15-8-10-10:45
Life of Pi 3D (PG) Fri-Thu 1:35-4:30-7:25-10:20
Mama (14A) Fri-Sat 2:10-4:45-7:05-9:35 Sun 1:45-10 Mon-Thu 2:10-4:45-7:05-9:35
The Metropolitan Opera: Rigoletto Live (STC) Sat 10:55
Move to Move - Netherlands Dance (STC) Sun 12:55
Safe Haven (PG) Fri-Mon 12-2:40-5:25-8:05-10:50 Tue-Thu 2:40-5:25-8:05-10:50 Star & Strollers Screening Thu 1
Side Effects (14A) Fri-Wed 12:35-3-5:30-8:10-10:50 Thu 3-5:30-8:10-10:50 Star & Strollers Screening Thu 1
Silver Linings Playbook (14A) Fri-Thu 1:15-4:10-7:10-10:05
Warm Bodies (14A) Fri-Wed 12:45-3:15-5:45-8:15-10:50 Thu 12:45-3:20-5:45-8:15-10:50
WWE Elimination Chamber - 2013 (STC) Sun 6

Identity Thief. HANDOUT

Zero Dark Thirty (14A) Fri-Sat 12:30-3:45-7:05-10:40 Sun-Thu 1:15-4:45-8:10

Plaza Theatre 1133 Kensington Rd. N.W., 403-283-3636

Silver Linings Playbook (14A) Fri 7 Sat 2:30-7 Sun 1:30-6 Mon-Wed 7
World's Best Commercials: The 2012 Cannes Lions Ad Awards (STC) Fri 9:15 Sat 4:45 Sun 3:45-8:15 Mon-Thu 9:15

Sunridge Spectrum 2555 32nd Street, 403-717-1200

ABCD - Any Body Can Dance 3D (PG) Fri-Mon 2:30-6:15-9:35 Tue-Thu 12:35-4:15-8:20
The Adventures of Elmo in Grouchland (G) Sat 11
Beautiful Creatures (PG) No Passes Fri-Mon 12:40-3:55-7:20-10:20 No Passes Tue-Thu 12:40-3:55-6:55-9:55
Escape From Planet Earth 3D (G) Fri-Mon 12:15-2:35-5-7:25-9:50 Tue-Thu 12:30-2:50-5:10-7:30-9:50
A Good Day to Die Hard (14A) No Passes Fri 12:45-3:15-5:45-8:15-10:45 No Passes Sat 11:15-12:45-3:15-5:45-8:15-10:45 No Passes Sun 12:45-3:15-5:45-8:15-10:45 No Passes Mon-Thu 1-3:35-7:10-9:50 No Passes Fri-Thu 12:20-2:50-5:20-7:50-10:25
Hansel & Gretel: Witch Hunters (18A) Thu 8-10:20
Hansel & Gretel: Witch Hunters 3D (18A) Fri-Mon 1-3:20-5:40-8:05-10:30 Tue-Wed 2-4:35-8-10:20 Thu 2-4:35
The Hobbit: An Unexpected Journey (PG) Fri-Mon 1:45 Tue-Thu 12:25
The Hobbit: An Unexpected Journey 3D (PG) Fri-Mon 5:30-9:15 Tue-Thu 4:20-8:10
Identity Thief (14A) Fri-Tue 1:10-4:05-7:30-10:15 Wed 4:05-7:30-10:15 Thu 1:10-4:05-7:30-10:15 Star & Strollers Screening Wed 1
Love Story of Singh vs Kaur (14A) Fri-Thu 2:15-6-9:20
Parker (18A) Fri-Sat 3-6:40-9:45 Sun 3-9:45 Mon 3-6:40-9:45 Tue-Wed 3:15-6:40-9:45 Thu 3:15-9:45
Rise of the Guardians (G) Fri-Mon 12:35 Tue-Thu 12:50
Safe Haven (PG) Fri 1:45-4:40-7:40-10:30 Sat 11-1:45-4:40-7:40-10:30 Sun-Mon 1:45-4:40-7:40-10:30 Tue 1:15-4-7-10:10 Wed 4-7-10:10 Thu 1:15-4-7-10:10 Star & Strollers Screening Wed 1
Side Effects (14A) Fri-Thu 1:20-4-6:50-9:40
Sisterakas (PG) Fri-Thu 1:35-4:25-7:15-10:05
Warm Bodies (14A) Fri-Thu 1:30-4:30-7:05-10
WWE Elimination Chamber - 2013 (STC) Sun 6

Westhills 10 165 Stewart Green, 403-246-5291

Beautiful Creatures (PG) No Passes Fri-Mon 1-4-7:05-9:55 No Passes Tue-Thu 5:30-8:20
Escape From Planet Earth 3D (G) Fri-Mon 11:50-2:15-4:40-7:10-9:40 Tue-Thu 5:20-7:50
A Good Day to Die Hard (14A) No Passes Fri-Mon 12-2:25-4:50-7:40-10:20 No Passes Tue-Thu 5:35-8
Identity Thief (14A) Fri-Mon 1:10-4:20-7:50-10:30 Tue-Thu 6:20-9
Life of Pi 3D (PG) Fri-Mon 12:45-3:50-6:40-9:30 Tue-Thu 5:40-8:30
Lincoln (PG) Fri-Mon 12:50-4:10-7:50 Tue-Thu 5:20-8:35
The Metropolitan Opera: Rigoletto Live (STC) Sat 10:55
Quartet (PG) Fri-Mon 12:30-3:10-6:30-9:20 Tue-Thu 5:50-8:10
Safe Haven (PG) Fri-Mon 12:40-3:40-7:20-10 Tue-Thu 6:10-8:50
Silver Linings Playbook (14A) Fri-Mon 12:20-3:20-7-9:50 Tue-Thu 6-8:55
Zero Dark Thirty (14A) Fri 12:10-3:30-6:50-10:10 Sat 3:30-6:50-10:10 Sun-Mon 12:10-3:30-6:50-10:10 Tue-Thu 5:20-8:40

The doctor is out, but the skeptic is in

Zero Hour. Anthony Edwards plays a skeptic pulled into a conspiracy that spans the globe

NED EHRBAR
Metro World News in Hollywood

When ER went off the air in 2008, Anthony Edwards seemed satisfied to leave television behind.

"Yeah, I said I would never do a one-hour television show again. I was done," Edwards offers with a laugh. But the 50-year-old actor is back with Zero Hour, a globetrotting, conspiracy-filled adventure series. So what made Edwards want to come back?

"When ER was done, I felt like I had really accomplished something. It had been an amazing eight years, and I was ready for a new adventure, which included my family and taking time and moving to New York. It really took a while to recover from that," he explains.

"I also knew that if I was going to come back to television, ... it would have to be something that was as exciting to me.

"And I just said, 'If these guys are crazy enough to tell this story, I want to do it with them.'"

Edwards stars as Hank Galliston, a lifelong skeptic who gets pulled into an elaborate conspiracy spanning the globe and centuries of history — all while trying to find his wife, who is mysteriously abducted in the first episode.

"Hank Galliston, what's great about him is that he gets to be you. He gets to be the audience in a lot of ways," Edwards explains. "He gets to go on this journey without knowing at all what's going on. He's as bewildered at the beginning, I think, as the audience is. So, for me, that's a great place to play because whatever these geniuses come up with in the scripts — which they have — and whatever these wonderful actors come up with to play with, I get to react to."

But Edwards doesn't think the fact that both Hank and the audience are meant to feel out of their depths will be a turn-off for viewers. Quite the opposite, in fact.

"I think television gets criticized for being condescending and telling stories too simply," he says. "This is going to really challenge and excite people because they're not laying it out simply. It's a complicated story, and that's a great commitment."

Metro News, Just For Laughs and Jeremy Hotz Want to Get you Out of Your Misery!

Jeremy Hotz

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Jack Singer Concert Hall

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Calgary portion of contest closes March 6, 2013. Open to Canadian residents 21 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) prize of a pair of front row tickets to the Jeremy Hotz Magical Misery Tour show in Calgary, presented by Just For Laughs. Winner in Calgary will be pooled with similar winners in Halifax, Toronto, London, Ottawa and Vancouver for the Grand Prize draw. There is one (1) Grand Prize of a trip for two to Just For Laughs Bermuda in January 2014, which includes return airfare, three nights of hotel accommodation at The Fairmont Southampton Bermuda and tickets to Just For Laughs Bermuda, valued at approximately $3,500 CAD (based upon departure from Halifax, actual value may vary depending upon time and city of departure). Certain restrictions may apply. For full contest rules, go to www.clubmetro.com.

Zero Hour airs Thursdays on Global. HANDOUT

A gigantic spectacle

The Da Vinci Code for TV?

The globetrotting and puzzle-solving at the heart of Zero Hour may have viewers getting a sense of Da Vinci Code deja vu, as much of the tone of the new mystery adventure series seems to have a Dan Brown hue to it.

But the folks behind the show insist they weren't just trying to do a Da Vinci Code for television.

"There were kind of two mandates going into it, one of which was to deliver something gigantic. We wanted to make a spectacle," says the show's creator, Paul Scheuring, noting that he didn't want to make the mistake previous shows had made of not knowing where the core mystery of the series would be going.

"Before I even put pen to paper in any kind of sense in this, I'm like, 'What are the last frames of this series?'" he says. "So from that I then reverse-engineered this larger kind of construct and threw in all those delicious elements like the Nazis and church and such to get to that final place.

"That's a very, very long-winded way of no, it's not the Da Vinci Code."

NED EHRBAR/MWN

Hugh Bonneville is lord of this manor

Downton Abbey.
Actor reflects on the show's massive success

The third season of Downton Abbey ends this Sunday with a bang. But even with that, the larger point remains that after Sunday's Masterpiece Classic (airing at 9 p.m. Eastern on PBS), viewers must suffer Downton withdrawal until next season.

But until then, we'll have our memories. And what a season this has been! The valet, Mr. Bates, was sprung from jail and a trumped-up murder charge to begin married life with his bride, the plucky lady's maid Anna. Robert Crawley, Earl of Grantham (played by Hugh Bonneville), has gotten Downton Abbey back on its feet financially with an able assist from his son-in-law and presumptive heir, Matthew Crawley. Matthew wed his true love, Lady Mary Crawley. But another of Robert's daughters, Lady Sybil, died tragically during childbirth.

Through it all, Robert's mother Violet, Dowager Countess of Grantham (played by Maggie Smith) delivered a barrage of withering, hilarious rejoinders to virtually every narrative twist.

The 49-year-old Bonneville, even firmly planted in a 21st-century Manhattan hotel, looks to the manor born. Nonetheless, his roles have strayed some distance from the lofty likes of Robert Crawley. For instance, Bonneville has been affable and bumbling in Notting Hill and Mansfield Park, and downright villainous in The Commander.

And coinciding with his Downton duties, he also played the addled Head of Deliverance for the Olympics commission in Twenty Twelve, a BBC miniseries that spoofed preparations for the London Olympics.

"There are people who think I've been doing nothing for 25 years, and then suddenly I get this role on Downton Abbey," Bonneville says with a laugh. "But I've had a really lovely time for 25 years! I've played everything from Shakespeare to sitcoms to period dramas to modern serial killers."

Of course, Bonneville realizes that Downton is a good bet for the lead citation in his obituary. He has finally acknowledged it: 'This show is a cultural phenomenon, not just a fad.

And he has theories why: the savoury writing by series creator Julian Fellowes, the cast is splendid, production values are luxurious and the premise remains rich with possibility.

"Underneath it all, this series is about romance rather than sex, it's about tension rather than violence, and it's about family — both the literal family and the staff as family," says Bonneville. "It explores the minutiae of those social structures, the nuances of the system as to whether someone's in or out." THE ASSOCIATED PRESS

Hugh Bonneville plays the patriarchal Lord Grantham. DAN HALLMAN/INVISION/AP

TV Picks

Games of Thrones

The HBO phenomenon Game of Thrones moves down the dial a few channels to reach a broader audience on Showcase Friday. Those new to the fantasy series can start with the 10-episode first season, which delves into themes of betrayal, lust and intrigue. Based on George R.R. Martin's bestselling novels, the action is set in the fictional land of Westeros and centres on powerful families in a bloody struggle for control of the Seven Kingdoms of Westeros. (Showcase)

Games of Thrones has moved to Showcase. HANDOUT

Degrassi

Friday's two-part episode of Degrassi is being billed as so powerful that it needs its own followup special to discuss the boundary-pushing storyline. Things kick off with a new semester beginning at Degrassi, but Cam's hesitant about returning after an amazing week at home. Dallas wants a date with a reluctant Alli and makes it his mission to win her over. And a major turn of events for Eli "brings back things past." Part Two airs next Friday, Feb. 22, and will be followed by a half-hour MuchTalks special. (MuchMusic)

Life is But a Dream

Singing superstar Beyoncé stars, directs and executive produces the feature-length documentary Life Is But a Dream on Saturday. Billed as a raw and intimate look at the singer's life, the film blends home movies, confessional videos and performances. It includes extensive first-person footage, some of it shot by Beyoncé on her laptop, where she talks about her struggles with celebrity, the joys of performing and the thrill of becoming a mother last year. The film also promises to reveal the hard work involved in being Beyoncé: the physical and emotional demands of preparing for live performances, running a business and keeping up with family life. (HBO Canada)

The Amazing Race

The Amazing Race makes yet another trek around the world with a new batch of travel-ready competitors Sunday. The 11 teams include hockey player brothers, one of whom is former Toronto Maple Leafs player Bates Battaglia. This year, the teams are set to travel more than 30,000 miles, hit five continents and zip through nine countries. Challenges include having to skydive from 10,000 feet in Bora Bora, taking part in a Shemozzle race in New Zealand, hunting for scorpions with the Bushmen of Botswana and scaling the north face of the Eiger Mountain in Switzerland. (CTV, CBS)
THE CANADIAN PRESS

Beyoncé's new documentary is a no-holds-barred look at the entertainer. HANDOUT

Beyoncé hopes documentary will inspire daughter Blue Ivy

Life is But a Dream. 'I'm hoping it can comfort her when she needs it,' singer says

Beyoncé is hoping that her ultra-revealing documentary will someday provide inspiration for Blue Ivy, the year-old daughter she and husband Jay-Z have.

"I hope that she will see all of the beautiful times (and) all the tough times that led up to her being here," the singer said Tuesday night at the New York premiere of her upcoming HBO documentary, Life is But a Dream.

She added: "I'm hoping that ... it can comfort her and inspire her in her life when she needs it."

The autobiographical film takes a no-holds-barred look at the entertainer and includes home movies of the Grammy-winning singer and her two sisters.

In the film, Beyoncé candidly discusses personal matters like her miscarriage, reports of faking her pregnancy and firing her father as her manager.

She claims the process of talking into a camera to get all her thoughts out was therapeutic.

"I really grew so much," she says of the process.

"This movie has really been my therapy. I've healed from so many wounds and I've been able to understand why some of the things I've been through, why I went through (them), so I feel really proud, and hopefully I can inspire other people."

The singer has been private about her life in the past. But she felt the time was right to let people know how she felt.

"I felt that after 16 years of being a public singer, people didn't know who I was," she admitted.

But then she added: "I will always keep certain things to myself because it's only natural."

Oprah Winfrey made a surprise visit to the premiere, and posed with Beyoncé on the red carpet.

Before going into the Ziegfeld Theatre, Winfrey, known for her tough, results-driven interview style, was asked if this was the kind of story she would have done on Beyoncé.

She said Beyoncé did a "much better job" of telling her own story.

"I wouldn't have been in the bedroom and in the closet and in the car and on vacation," she said. THE ASSOCIATED PRESS

Co-director

Beyoncé acted as the film's executive producer and co-directed it with Ed Burke. He previously worked on some of her video projects. Life is But a Dream airs Saturday on HBO.

Second flight: Eagles document their history in two parts

Notice of Hearing for

Permanent Guardianship Order To

Trisheena Simon

Take notice that on the **27th day of February, 2013 at 9:30 a.m.**, at **Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**; of your child born on **July 2, 2010**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director.
You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Cindy Lipsett; Jackie Ellice; Daniella Eggink
Calgary and Area Child and Family Services Authority
Phone: (403) 297-2978

Consider how unusual it is for the exact breaking point of a big-time rock band to be chronicled on film.

The Beatles' Let it Be showed a slow disintegration. For the Eagles, the end came abruptly at a political fundraiser in 1980. Don Felder didn't want to be there. Glenn Frey didn't like his attitude. Add years of simmering resentment and, as they performed, threats exchanged under the music. Fists didn't fly, but by the time each stalked into separate limousines, the Eagles were toast for 14 years.

It's one of the fascinating moments in History of the Eagles, a documentary that airs on Showtime Friday and Saturday. The film has two parts just like the band, which has been together again since 1994.

Frey, 64, said it was time to get the story on film while the health and memories of everyone involved were intact. The Eagles courted filmmaker Alex Gibney, who won an Academy Award for his 2007 documentary on torture, Taxi to the Dark Side, after being underwhelmed by the work of some specialists in music documentaries.

Gibney expressed interest if he was free to tell a real story, not just an authorized one, and the Eagles agreed. He talked to each former member and associates like David Geffen, whose business relationship with the band ended badly.

Another key for Gibney was having enough footage to make the story come alive. Here he got lucky. Although Frey and co-leader Don Henley were suspicious of outsiders during the height of the Eagles' fame, they had the foresight to allow some filming, including extensive interview and concert footage from 1977, and that ill-fated 1980 benefit. Film was found of Frey and Henley playing in Linda Ronstadt's backup band at Los Angeles' Troubadour nightclub before the Eagles were born.

Members of The Eagles, from left, Timothy B. Schmit, Don Henley, Glenn Frey and Joe Walsh. CHRIS PIZZELLO/THE ASSOCIATED PRESS/INVISION

"Theirs is the classic rock 'n' roll story — scruffy kids hook up in L.A., form a band and have enormous success and at the height of their success they break up," Gibney said. "It's a rock 'n' roll fable." THE ASSOCIATED PRESS

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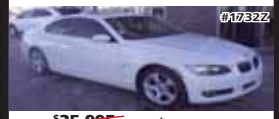

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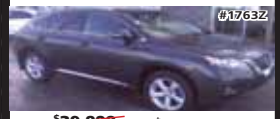
Leather, Sunroof, Auto #1763Z



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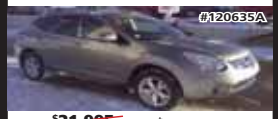

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3 songs for the weekend

SOUND CHECK
Alan Cross
scene@metronews.ca

Now that Valentine's Day is over, we can put the love songs away and get serious again

New You/My Bloody Valentine

MBV pretty much broke the Internet when they posted their first album in more than 21 years a couple of weeks ago. This track is surprisingly radio friendly. Odd, that.

Jubilee Street/ Nick Cave and the Bad Seeds

Nick and Co.'s new album, Push the Sky Away, will be out Tuesday. This song features the first-ever use of the line "I've got a fetus on the leash."

Anthem/ Anthrax

From an eight-song set of covers called Anthems due March 19. Marvel as singer Joey Belladonna does a pretty good Geddy Lee.

A Lil Wayne lyric offended the family of a slain 14-year-old. GETTY IMAGES FILE

Lil Wayne. Epic Records tries to take down leaked song with offensive lyrics

Epic Records is going to "great efforts" to take down a new Future remix leaked over the weekend with a vulgar Lil Wayne lyric that has offended the family of Emmett Till.

The New Orleans rapper made a sexual reference to the beating death of Till, a 14-year-old Chicago boy tortured and shot in Mississippi in 1955 for whistling at a white woman. Till's family objected and the Rev. Jesse Jackson reached out to his management, The Blueprint Group, on the family's behalf.

The label issued a statement Wednesday night apologizing for the release of the song.

"We regret the unauthorized remix version of Future's Karate Chop, which was leaked online and contained hurtful lyrics," the statement said. "Out of respect for the legacy of Emmett Till and his family and the support of the Reverend Jesse L. Jackson, Sr. ... we are going through great efforts to take down the unauthorized version."

Epic will release an official version of the song that "will not include such references."

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MIND THE APP
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Toro Y Moi expands his sonic pallet

Chaz Bundick. The 'chill-wave' artist describes going for 'that top 40 sound'

JONATHAN DONALDSON
scene@metronews.ca

Chaz Bundick (a.k.a. Toro Y Moi) released his latest album, Anything in Return. ANDREW PAYNTER

Soft-spoken Chaz Bundick (a.k.a Toro Y Moi) has kept his bearings since his hazy, synth-driven bedroom-breakout Causers of This put him on the map in 2010.

While his splash put him into the "chill-wave" scene that also included other newbies like Washed Out and Neon Indian, inspirational (and operational) changes came soon for the South Carolina native. 2011's Underneath the Pine saw him incorporate more live instruments and a band into his idiosyncratic laptop creations, spanning genres as wide as R&B, hip-hop, indie rock and '60s pop.

Anything in Return continues the evolution of Toro Y Moi's sound by adding in deep disk-digging doses of downtempo R&B, ambient hip-hop, underground disco and '90s diva house to the mix. At times it mirrors the retro lo-fi charm of its predecessors, but predominately it is the most polished, well-produced and eccentric work in his brief catalogue.

"I was really trying to mess around with that top 40 sound to see if I could come close to what they do, even just as an experiment," says Bundick.

"As long as I can keep my head on, it's OK."

Anything In Return plays out like a heavily-textured, almost claustrophobic house mix of Bundick's current favourite sounds. Where some tracks such as Harm in Change keep the layers heavy, others such as Touch bring it down to just a few mellow tones and the cricket-like chirp of a drum machine. Lost mostly in the mix is Bundick's own voice, which quietly coexists with the soulful samples (mostly ultra-short clips of female singers) that he drops on numerous tracks. "She knows I work hard," he sings on Cake — alluding to what he calls the album's central theme: being away from loved ones for the first time.

Anything might not be Toro Y Moi's most accessible, but fans seeking new explorations will not be disappointed.

Toro's new toys

At times the multiple layers of keys and percussion alone make Toro Y Moi's music difficult to pull off live — so much so that its creator jokes about sounding "like a cover band" of his own music.

But according to Bundick, trying to use a broad spectrum of instruments live and especially in the studio is something he wouldn't turn back on.

"When I listen to 'Causers of This,' all I hear is laptops. God I wish those were real keys. But that's in the past and not really worth regretting."

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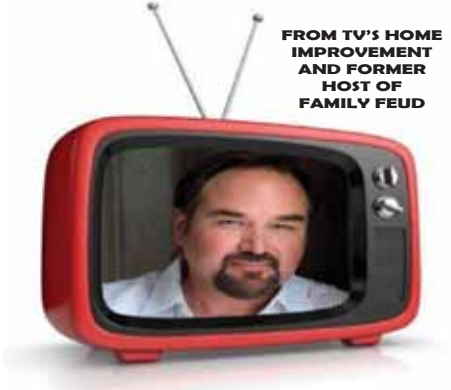

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'If I hang out with this person I could end up in a mental hospital'

Electronic band.
Mouse on Mars on their manic music and crazy collaborations

NOLAN GAWRON
scene@metronews.ca

Rockers don't know what they're doing or how they're doing it, dancers often seem perplexed at a seeming lack of structure, DJs wouldn't dare venture into such dangerous territory, but somehow, despite all of the experimental endeavors of Mouse on Mars, they intrigue music lovers of all stripes.

This German avant-garde electronic band is an especially eclectic outfit that can't possibly be grouped into any specific category. Their discography ranges from ambient chill-out to abstract bombastic sonic onslaughts — and most times the music is a combination of both.

"We don't really think in track terms," says founding member, Jan St. Werner. "We think more in story terms. Each song has a narration and has its peaks and ups and downs and comes back together. Each track is really a story, or a drama rather than a set of codes."

Deconstructing source material and rebuilding it piece-by-piece, Mouse on Mars juxtapose obtuse oscillations with anxiety-filled clicks, clangs and hisses, provoking chaos, just to tame it later and massage it into a blissful soundscape or straight-up dance beat.

Mouse on Mars creates music monsters, not songs. SEBASTIAN SZARY

Six years since their last recording, the band released two albums in 2012, each very different and unique in style.

"Parastrophics was basically a record five years in the making," says Werner. "WOW was a record completely in the moment and a just a few weeks in production. In ways those records blend together. Parastrophics is basically a riddle and a map, or a 'house of leaves,' where WOW was about a much more immediate expression of a feeling. It assumes that everything that would need reflection or a sentence would be a waste of time. The way those records back each other up and belong to the same sound and same cosmos describe the same planetary system relationship of sound and size of sound and sound material."

Together with collaborator Andi Toma, Mouse on Mars have covered more sonic landscapes than most other electronic outfits.

"Sometimes I think we are so different that I don't understand at all what he is about," says Werner. "I think there's a massive miscommunication between us — trying to figure out what each of us wants on a track for some reason creates part of the sound. You realize that this is really dangerous. If I hang out with this person I could end up in a mental hospital. It's a bit like what happens when you fall very deeply in love with a person. You see this person and you think, 'I'm falling and I'm falling endlessly.' You want to escape it, but you're also hyper attracted to it. And that happened musically with Andi. When we sew these qualities together and see this massive music monster appear, we feel like we're fighting it — we're fighting this beast of sound. I know I need to go and fight it, and I know that only Andi and I can do it."

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Lady Lamb leads her songs to greener pastures

JONATHAN DONALDSON
scene@metronews.ca

Lady Lamb the Beekeeper's debut label album is Ripely Pine. SHERVIN LAINEZ

There are lots of expectations that audiences have when they see someone trying to make it in music with just a guitar and a pail full of songs — especially if that someone is a 23-year-old poet from Maine that only began playing music five years-ago. But Aly Spaltro, who makes music under the name Lady Lamb the Beekeeper, does a fine job of confounding any such expectations with her debut album on a label, Ripely Pine. The collection of songs, out this week on the Ba-Da-Bing! label, is splendidly melodic. It's pretty, yet powerful.

She says the album's curve balls are more about her intuition than anyone's expectations of how her career should go.

"After years of playing (my songs) solo, I kind of knew in the back of my mind that I could hear something else under them," says the singer and guitarist. "And up until I was in the studio, I didn't know what that was."

Spaltro's quest to find the missing pieces to the compositions she first honed working late nights in a video store brought her first from Portland to Boston, where she established herself as one of the top figures on the indie-folk scene, and then to Brooklyn two years ago, where she laboured for 12 months with producer Nadim Issa to bring Ripely Pine to fruition.

The question of why this album took so long, especially for a folk artist, is the key to why it is so good. Rather than record the battle-tested solo versions of her songs that she had successfully developed in performances — poetry-driven flurries of songs that could often be described as quicksilver, in-the-moment, emotionally impulsiveness works — Spaltro borrowed time from talented friends new and old to wrap an imaginary band around her meandering compositions.

JONATHAN DONALDSON/FOR METRO

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Rihanna ALL PHOTOS GETTY IMAGES

RiRi losing friends over rekindling with Brown

Rihanna has received her share of criticism for reuniting with Chris Brown, who was arrested for assaulting her in 2009. And it turns out the rekindled romance is even costing her some friendships. Rihanna and Katy Perry "aren't tight anymore because Katy doesn't approve of Rihanna dating Chris Brown," a source tell Us Weekly. Perry and beau John Mayer reportedly steered clear of Rihanna and Brown at the Grammys last weekend.

Alyson Hannigan

Hannigan gets restraining order against stalker

How I Met Your Mother star Alyson Hannigan has been granted a temporary restraining order against John Hobbs, a New Hampshire man who has repeatedly threatened the lives of Hannigan, her husband, Alexis Denisof, and their children, according to E! News. Hobbs, who was recently discharged from a mental hospital, must stay at least 100 yards away from Hannigan and her family and must refrain from posting about them online. "I still can marry you tomorrow. I can kill you tomorrow too," one Facebook posting by Hobbs last month reads. "It doesn't end. Even after death."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is Alexa Ray Joel slowly morphing into Minka Kelly?

THE WORD
Dorothy Robinson
scene@metronews.ca

Pictures popped up recently of Alexa Ray Joel, the 27-year-old spawn from the famous union between Uptown Girl Christie Brinkley and Billy Joel, and they are looking a little, well, suspicious. But don't listen to what your head is telling you (and I know your head is screaming, "girlfriend got plastic surgery!"). No, read what Brinkley has to say about her daughter's changing looks.

The former supermodel went on Anderson Live on Thursday to defend her daughter, saying her transformed appearance isn't from a doctor, but rather she's "blossomed."

"She's stepping out into the world, she's doing things and now (her critics) can't even accept it — it's like, 'Oh she's too beautiful, she bought it all, it's all plastic surgery,'" she said. Brinkley says the only surgery Joel has ever "bought" is "a little tweak of her nose."

The whole thing is totally Freud-worthy (it must be rough to have Christie Brinkley as your mother no matter how cute you are) but since this is a gossip column and not a graduate-level course on psychotherapy, let's just say that if I were Minka Kelly, I'd be slightly disturbed.

Evan Rachel Wood

Wood furious over leaked ultrasound pic

Evan Rachel Wood went on a Twitter tirade after discovering that the Daily Mail had published a photo of her ultrasound. "Which sick f— paparazzi hid in the parking lot of my hospital after my ultrasound? I can't stand this," she tweeted. "I couldn't be more furious right now. I want to cry. My child isn't even born yet." Wood is expecting her first child with husband Jamie Bell. After asking the newspaper in a later tweet to remove the image, the story was taken off its site.

Twitter

@TheEllenShow
Mila Kunis is a chameleon. You should see what color she turned when I asked her about Ashton Kutcher.

@RealRonHoward
After a biz meeting at Warner's UK studio I had truly cool tour of Harry Potter sets and world

@samantharonson
apparently even if i don't watch a tv show, it still airs.... so i guess we know the answer to the tree falling in the woods question.

@SethMacFarlane
My promise for the Oscars: no cheap wiener jokes. Only expensive wiener jokes.

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Liquid Assets

Dynamic duo: Eggs and wine

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Sharing my page with Rick Mercer this week has brought out my inner rant.

It's a rant inspired by the union of booze and the most important meal of the day — breakfast.

Now, I don't mean having a few Jäger bombs with your bagel before hitting the road to work. That's why the Italians invented the skinny cappuccino.

I'm talking weekends, holidays, snow days. Those mornings where your keys stay in your coat and you can sip and savour a bevy over a plate of home cooked goodness like, say, scrambled eggs.

What makes brunch, lunch and dinner so special when it comes to an adult liquid partner pairing?

I say that breakfast has lived in its shadows for too long, and it's time we all find an opportunity to break out the stemware in the a.m.

Even with their jiggly-feel, eggs are easy on many wines. Keep things white, unoaked and fruit-forward.

Think wines made with the riesling, sémillon or sauvignon blanc grape.

Kim Crawford 2011 Pinot Gris ($19.95 to $22.99) is another good choice.

Rich, textured and tropical, it makes a fine companion for any egg dish — morning, noon or night.

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Dining on the road with funnyman Rick Mercer

Q&A. The Rick Mercer Report star shares his fave meals and places to eat across Canada, as well as a recipe for his go-to dish

DAN CLAPSON
life@metronews.ca

At home, Rick keeps it simple with his favourite food: scrambled eggs. SUBMITTED

Everyone's favourite Canadian funnyman Rick Mercer doesn't really sit still. His popular show, The Rick Mercer Report, sees him on the road, popping in and out of many of Canada's diverse cities.

I caught up with Rick in between his busy travel schedule to find out what he loves about traipsing across the country and what he eats on the road.

What's the best part about being able to travel across Canada regularly?
It's such a big country but I never get tired of it at all. I can't say enough (about) it. I love getting to know a part of the country. I actually do view the entire country as the "town" I live in. I am all over the country all the time and I love it.

Out of all the Canadian cities and towns you've been to, which one surprised you with its vibrancy and culture?
I love Yellowknife. It is very funky with lots of interesting people. I wouldn't say it surprised me because it's not like I went in with no expectations ... but it's just a funky, cool town.

Since you travel so much, do you find it hard to eat healthy on the road?
It's extremely difficult, to no fault of the travel, quite frankly. If you're hitting the road at 6 a.m., there are very few options. There was a decade of those terrible egg sandwiches, which everyone enjoys while they're eating but then regrets immediately after.

What's the staple 'quick meal' for you when you're on the road with your show?
The staple on the road is the Tim Hortons' ham and cheese. I cannot tell you how many ham and cheese sandwiches have been consumed by my team and I while we're on the road. It's shocking how many of those we consume for lunch! At least it's not a burger and fries. You can't do that everyday, otherwise it's over!

If you are stuck in a lay-over, what fast food joint or junk food do you succumb to when you're hungry with nothing to eat?
Well, that depends on the airport. I do know every airport in the country! If you're in Montreal, there's a Schwartz's. You'd have mental problems if you didn't go have some smoked meat. There is no scenario where I am in Montreal's airport and not have a Schwartz's!

One of the best meals you've had was at...
Da Maurizio in Halifax. It's still, to this day, the best Italian I've eaten in this country. And, yes, I know those are fighting words!

If you had to pick one Canadian city's airport to live in for a week, which one would it be?
Vancouver has a tremendous airport with great food. I believe the (luggage) carts are free too, which I always admire in an airport. It's just a comfortable place. I could live there!

If you are at home, which is probably not very often, what do you eat?
I'm not one of those people that makes the same grilled cheese sandwich four days a week. I'm a big scrambled eggs guy at (home). Also, I think 90 per cent of the eggs you get in a fast food restaurant or while you're travelling are not particularly very good — probably because they were made the day before or something.

Rick's Scrambled Eggs

1. Whisk together the eggs, half and half, black pepper, paprika and salt.

2. Melt the butter in a large pan on medium heat. Once melted, add the egg mixture to the pan and let cook for 2 minutes.

3. Using a spatula or spoon, push egg mixture from the sides of the pan into the centre and let cook for another 2 minutes. Repeat until all of the egg mixture has cooked through.

4. Stir in any grated cheese or optional ingredients and serve.

- 6 large eggs
- 2 tbsp half and half
- 1 tsp ground black pepper
- 1 tsp paprika
- 1/2 tsp salt
- 2 tsp butter
- Optional ingredients: Freshly grated Parmesan, chopped tomatoes, sliced scallions, etc.

RECIPE COURTESY OF RICK MERCER

This recipe serves three. ISTOCK

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events courtesy of Notable.ca.
To get even more info on these Notable happenings, make sure to check out notable.ca/nationwide/metro/Feb15

NOTABLE NOW
Julian Brass, Founder of notable.ca, Canada's online source for young professionals

PARK's Fashion Industry Mixer

To all current or aspiring fashion, art and culture industry professionals, it's time to doll yourself up and check out Promoting Artists, Redefining Kulture (PARK) at downtown-food. A network organized by a group of young Calgarian talent, they aim to promote and support fellow emerging artists in the community. Tuesday.

How to Make a Monster: the Art and Technology of Animatronics

Ever wondered where the flying aliens in the movie Pitch Black, or the giant crocodile in Peter Pan, came from? John Cox's Creature Workshop has created some of the world's coolest animatronic movie visuals. Being held at the Telus Spark Science Centre, it is the Canadian debut of this major travelling exhibition. Find out what it takes to become animatronic puppeteers, lighting technicians, creature designers and more. The event runs until July 1.

Talisman Centre RIPPED-A-THON

Want to give back to the community as you break a sweat? Try a Get RIPPED! class (or three!) at the Talisman Centre on Monday from 10 a.m. to 1:30 p.m. Each one-hour class will be taught by a different instructor and includes a variety of RIPPED! exercises. All proceeds will be provided to The Alex to help homeless families in Calgary. Talisman Centre, 2225 Macleod Tr. S.

Now Open: Market

Having just opened their doors, Market is already creating a buzz. The team is composed of young, passionate and talented industry professionals, including their executive chef and recently announced Top Chef Canada contestant Geoff Rogers. They are also the first restaurant in Calgary to use an internal home garden, the Urban Cultivator, enabling them to grow more than 16 different varieties of heirloom seeds year-round. 718 17th Avenue SW.

4th Annual motionball Gala Calgary

Ok, so not technically until next Friday, we felt it important to get the word out as tickets sell out. Mix and mingle with local celebrities, athletes and the young professional crowd at Flames Central as you support the Special Olympics; the evening celebrates the challenges and triumphs of competition. Enjoy the sounds of world class DJ Skratch Bastid, a silent auction, gourmet appetizers, and a complimentary bar brought to you by some delicious luxury brands. Feb. 22. Tickets must be purchased in advance at motionball.com.

Sci-fi Spectacular: Space the Final Frontier

Join the CPO for an out-of-this-world night of music from your favourite sci-fi films and TV shows. Star Trek legend Jonathan Frakes (Commander William T. Riker) hosts the evening, which includes music from Avatar, Battlestar Galactica, Star Wars, Star Trek, Superman and Independence Day. Costumes welcome! Stick around for the after-party at Teatro and meet Jonathan Frakes as you enjoy drinks, food and conversation. Wednesday Feb. 20.

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Book of love. Bible that survived ocean crossing holds a family's history

It was always there: on a table, her counter or carefully laid open on a chair.

The worn black book with a cross in fading gold was one of her most treasured items. In fact, it was her only real possession after having lost everything she owned when she made the long journey from Jamaica to England and, at last, Canada, in the '70s.

Her luggage never made the trip to Canada, lost somewhere on route or perhaps left behind in England. The bible was the one true reminder of where she came from — and that was just fine with my grandma.

Yellowed on some pages, faded on others, in a way it was a representation of her life that began as a bright, ponytail-wearing child in Jamaica who had weathered severe adversity but still had a great story to tell.

It was a book her mother gave her, passed down from her mother before her. It was the only thing that survived her flight across the Atlantic Ocean.

The first words in the book were in the family tree that was found on the first page and hardly legible any more, having been written in pen so many years ago. Her mother, my great grandmother, who was born in 1916, stands as the first entry. Added names throughout the decades in different coloured ink play out like a trail to the living and preserve memories of family members passed. Family I will never know, but who hold sway in my grandmother's life (how long that life has so far been, my grandma refuses to tell. A lady never tells).

When my grandmother immigrated to Canada, she reasoned moving closer (at least geographically) to Jamaica from England and to a better job was the right decision.

As much as the cold, wet weather made her knee ache sometimes, it was her home, and the place where she'd met my grandfather — a Jamaican expatriate, like herself, looking for better opportunities away from the tiny island where they grew up.

In the end, her life in Canada was better than she would have expected. She worked hard and eventually purchased a modest place to call home and later gave birth to a cherub-faced daughter (my mother) in her adopted country.

She visits Jamaica as much as her health will allow her, but won't likely return for good. If she ever feels homesick she never lets it show, but that could be because her book, with the cross in fading gold and barely legible family tree, is always within arm's reach.

TAKARA SMALL, METRO

Takara Small and her grandmother. PROVIDED

Soaking in serenity on Salt Spring Island

Black history month. Historic photo evokes the peace found by many black immigrants in British Columbia

EVELYN C. WHITE
For Metro Canada

The stirring 1963 I Have A Dream speech by Rev. Martin Luther King, Jr. stands as a landmark in the black freedom movement in North America.

But more than a century before King's plea for racial justice, a group of blacks, weary of discrimination, left the U.S. and settled on B.C.'s Salt Spring Island, located in Georgia Strait between Vancouver Island and the Mainland.

Today, direct descendants of the black pioneers still reside in the pastoral landscape also hailed as a vibrant artist colony.

I was thrilled to discover Salt Spring's black history when fate brought me to the island about a decade ago.

The intriguing saga begins with Sir James Douglas (1803-1877) who, in 1858, was appointed the first provincial governor of B.C.

The son of a black woman from Barbados and a Scottish planter, Douglas, in need of skilled workers to meet a gold frenzy in the region, urged a band of blacks in California to move to B.C.

At the time, a federal Fugitive Slave Act that poised them for possible return to bondage threatened free blacks. Dispirited by an increasingly hostile climate, several hundred blacks accepted Douglas' invitation and sailed north to Victoria.

By 1859, a core group of the blacks had built log cabins on nearby Salt Spring Island, the ancestral grounds of the Coast Salish people. There, they hunted cougars, cultivated farms and cleared the deeply forested terrain for future immigrants.

Salt Spring's black pioneers included Jim Anderson, who built the community's first public picnic site on his property. Proficient on the trumpet, he routinely roused neighbours with a brisk blast of Reveille.

Salt Spring Island pioneer Jim Anderson poses for a photo on his canoe with one of the Whims children at Walker's Hooke in the early 1930s. JESSE BOND/COURTESY SALT SPRING ARCHIVES

For more on black history

- To read the three winning essays in RBC's student competition, go to metronews.ca and click on Black History Month

I was captivated by the image of a nattily dressed Anderson and a black boy in a canoe that appears in my book Every Goodbye Ain't Gone: A Photo Narrative of Black Heritage on Salt Spring Island.

Our African forebears packed like sardines in the holds of slave ships, many North American blacks have a pained relationship with boats and water. This discomfort has been compounded, over the years by our wounding experiences with segregated beaches, swimming pools and "coloured" drinking fountains.

The serenity that the pair exhibits in the photo marks the peace that has prompted a steady stream of black folk to settle on Salt Spring since the late 1850s.

Inspired by Anderson and the youngster, I braved my long-standing fear of water and learned how to swim during my sojourn on the island.

Stitching together stories of strife and success

Patch of the past. Irreplaceable quilt was born of necessity, but sewn with soul

SHAUNTAY GRANT
For Metro Canada

I'd probably seen my great-grandmother's quilt a dozen times before noticing the teal pocket gently set against a blue and white tweed.

"My sister's coat," my grandmother explained. "And those are old dresses," she added, signaling a colourful border lined with red, pink and mauve patterns.

"And the yellow?" I wanted to know.

"That was a winter top," she said. "These are all old winter dresses, coats, skirts…"

"And the brown stains?"

"Smoke stains. From when the old house burned down — the second time."

And suddenly my great-grandmother's quilt was more than just worn fabric. It was a time capsule. A memory book. A diary full of stories.

The quilt itself is just 65 years young, but the story goes back much further. As far back as the migration of American Black Loyalists and Jamaican Maroons to Nova Scotia in the latter part of the 1700s. And as far back as the wave of Black Refugees who — like the Loyalists and Maroons — settled in rural Nova Scotia after the War of 1812. Like her ancestors, my great-grandmother Annie Simmonds (1901–1986) encountered many hardships — set against a backdrop of marginalization and racial segregation, the people of her community (North Preston, Nova Scotia) were faced with brutal winters, unwanted soils and a lack of basic needs like food, clothing, and adequate shelter.

Shauntay Grant's great-grandmother's quilt. PROVIDED

Wrapped in remembrance

"Of the many winter quilts my great-grandmother would have stitched to warm her children, this single heirloom is all that remains."

Shauntay Grant

"The houses were very cold back then," remembers my grandmother. "Made of slab boards, tar paper and sealed with cardboard."

My grandmother says these old patch quilts were the best defence against the cold climate. And of the many winter quilts my great-grandmother would have stitched to warm her children, this single heirloom is all that remains.

And it's full of stories.

My grandmother tells me she remembers watching her mother piece the quilt together, sitting on a kitchen chair near the woodstove, the fabric just spilling from her lap. And she remembers how the cat got lost inside the lining, and how her mother almost stitched the quilt shut not realizing that "Fluffy" was trapped inside.

My grandmother herself has carried on this tradition of making quilts, and hers are beautiful patterns with stories of their own.

But none touches me so much as this old winter quilt come from necessity; knotted with yarn and slanted around the border; indifferent to pattern and symmetry; with heaps of stories wrapped up inside.

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CFL

Bombers lock down free agents

With defensive lineman Bryant Turner and receiver Clarence Denmark signed or nearly there, the Winnipeg Blue Bombers have locked down the last of the free agents they wanted to keep.

They've already lost defensive lineman Jason Vega to the NFL, general manager Joe Mack confirmed on Thursday.

"I hate to lose him," said Mack. "He's a good guy and a hard worker."

But Mack was surprised to find out last week the club has also likely lost linebacker Marcellus Bowman to injury. The team learned Bowman had a serious knee injury that required surgery and now he'll need many months to recover.

THE CANADIAN PRESS

CFL

Argos sign GM to extension

It took three months, but Jim Barker finally got his contract extension.

The Toronto Argonauts general manager signed a two-year extension on Thursday and is now under contract with the defending Grey Cup champions through the 2015 season.

Toronto raised eyebrows on Nov. 8 when it gave head coach Scott Milanovich a contract extension and not Barker, who had only one year remaining on his deal.

That decision created much speculation regarding Barker's future in Toronto because days earlier the Edmonton Eskimos had fired Eric Tillman as their GM. But Barker said he and Argos president Chris Rudge spoke about a contract extension during the season and both agreed securing Milanovich's future was the priority.

THE CANADIAN PRESS

Tate training like an MMA fighter

CFL. Stamps QB wants to be 'bulletproof' on the field this season

Calgary Stampeders quarterback Drew Tate runs against the Saskatchewan Roughriders on Nov. 11, 2012, in Calgary.
LARRY MACDOUGAL/THE CANADIAN PRESS FILE

Calgary Stampeders quarterback Drew Tate has adopted the training methods of a former mixed martial arts fighter to increase his durability for the upcoming CFL season.

Tate says he's been kickboxing, swinging kettle bells and deadlifting weights in the off-season in Dallas with UFC 13 lightweight tournament champion Guy Mezger.

"I said I wanted to be bulletproof this year," Tate said on Thursday at McMahon Stadium in Calgary. "The guys in that sport are pretty close to it if not all the way. It's the direction I'm trying to go this off-season and hopefully it works out."

While Tate says he has no plans to become a fighter, he says he's already feeling stronger thanks to his new regimen and is throwing the football again. The 28-year-old from Baytown, Texas, wants to be able to absorb hits on the field this season, get up and throw the ball some more.

"I want to get my body physically as strong as possible, but also in vulnerable areas," Tate said. "When I'm not expecting to get hit, to have my body take that impact in and not blow anything out like a groin or a knee or something like that."

Kevin Glenn, 33, is still under contract with the Stampeders and has not asked for a trade, which will make for an interesting training camp come June.

The veteran may not be as nimble on his feet as Tate, but Glenn proved during the younger quarterback's absences last season that he's capable of getting CFL club victories in both the regular season and playoffs.

"I think what has transpired last year, it's only fair to say it will be open competition with Drew Tate being the No. 1 quarterback going into training camp," Stampeders head coach and general manager John Hufnagel said.

"I think everyone understands how I feel about Drew, the things that he can bring to an offence. That makes him the No. 1 going into training camp."

CFL free agency opens on Friday. Of those eligible, the Stampeders have already re-signed defensive back Eric Fraser, defensive tackle Corey Mace, punter Rob Maver, defensive lineman Justin Phillips and receiver Larry Taylor. Wide receiver Romby Bryant has gone to the Toronto Argonauts.

Tate let it slip that import offensive tackle Stanley Bryant had also been re-signed, but the Stampeders didn't confirm it on Thursday. Hufnagel said earlier he was "very close" in his negotiations with Bryant.

THE CANADIAN PRESS

Injury-plagued 2012

- Drew Tate suffered a separated shoulder in Week 2.
- He required surgery and was sidelined for all but the final two games of the regular season.
- Tate then fractured a bone near the wrist of his throwing arm in the West Division semifinal win over Saskatchewan.

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Players mull over cut-proof protection

NHL. Reigning Norris Trophy winner's injury to Achilles has given the league a scare

Gruesome cuts like the one that ended Ottawa Senators defenceman Erik Karlsson's season are not new to hockey or any sport played on skates.

But when a Norris Trophy winner goes down after his Achilles tendon is nearly severed in half, it makes players around the NHL wonder if they should start wearing cut-proof socks and other equipment that may prevent such scary injuries.

The Karlsson injury was the talk of the league Thursday after Karlsson's left Achilles tendon was cut by a skate blade during a game against the Pittsburgh Penguins on Wednesday night.

Senators general manager Bryan Murray said 70 per cent of Karlsson's tendon was cut as a result of the incident. Karlsson underwent surgery Thursday and recovery is expected to be at least three to four months, thus ending Karlsson's season.

Many players are already wearing cut-proof Kevlar socks but a lot have either never tried them or don't like them.

Ottawa Senators defenceman Erik Karlsson limps off the ice after colliding with Pittsburgh Penguin Matt Cooke in Pittsburgh on Wednesday. Karlsson will need surgery to repair his Achilles. GENE J. PUSKAR/THE ASSOCIATED PRESS

M.I.A.

Karlsson's recovery time is expected to be at least three to four months.

- Karlsson was injured while being checked by Pittsburgh's Matt Cooke, who was not disciplined by the league.

"It's a tough call," said Karlsson's defence partner Marc Methot. "Most of us have never even tried them on before.

"It certainly raises awareness now, I'm going to try them out."

Murray lamented some players are stubborn about their equipment, even if it may prevent an injury.

"We have skate guards that defencemen should be wearing and I look around and not many defencemen are wearing them," he said. "Players want to be able to play at a high speed and they think that some of this stuff is cumbersome so they take the risk of not wearing it."

Several high-profile NHL players have missed significant time due to skate cuts.

Defencemen Kevin Bieksa of the Vancouver Canucks and Andrei Markov of the Montreal Canadiens both have had their legs sliced open by razor-sharp skates in recent seasons.

Anaheim Ducks scoring star Teemu Selanne has had two major cuts in his career and now wears Kevlar socks and wrist guards.

Both Buffalo Sabres goalie Clint Malarchuk in 1989 and Florida Panthers forward Richard Zednik in 2008 nearly died when arteries in their throats were slashed by errant skates.

Karlsson was retrieving the puck in a corner when Matt Cooke's skate sliced into the back of his left leg just above the boot of his skate. Karlsson was not wearing cut-proof socks.

"I had trouble watching it to be honest with you," Calgary Flames forward Michael Cammalleri said of Karlsson's injury. "I got cut above the knee in the first game of last season and ever since, I've been completely paranoid.

"I wear cut-proof socks and wrists guards and everything now because of it."

NHL vice-president Kris King, whose duties include player safety, said the league has not looked at making cut-proof socks mandatory. But it has been encouraging teams to promote them to their players.

He said when the league first looked into Kevlar equipment in 2010, there was only one company making it. Since then, the NHL has helped other firms and individuals get into the market with new products. THE CANADIAN PRESS

Islanders snap losing streak

New York Islander Lubomir Visnovsky breaks his stick on a slapshot in the third period Thursday against the New York Rangers in New York. The slumping Islanders erased a two-goal deficit with three second-period goals and then held off the Rangers in a shootout to win 4-3 and snap a five-game losing streak. HENNY RAY ABRAMS/THE ASSOCIATED PRESS

Snowboarding. Lavigne gets over the hump

Canadian snowboarder Ariane Lavigne made her debut on the World Cup podium Thursday.

The native of Mont-Tremblant, Que., dominated both her runs against Valeriya Tsoy of Kazakhstan to capture a bronze medal in the women's parallel giant slalom in Sochi, Russia.

The competition is being held on the same course that will be used at the Sochi Olympics a year from now.

Not only had Lavigne never been on the podium, she had never finished in the top 16 at a World Cup event.

"I knew it could happen," she said. "In all the last races I was so close."

It all came together Thursday. She eliminated 2010 Olympic champion Nicolien Sauerbreij of the Netherlands in the quarter-finals.

THE CANADIAN PRESS.

Janssen, Romero step onto comeback trail

Toronto Blue Jays closer Casey Janssen takes part in a drill in Dunedin, Fla., on Thursday. Janssen had shoulder surgery in November following a season in which he saved 22 games for the Jays. NATHAN DENETTE/THE CANADIAN PRESS

The sun was nowhere to be seen Thursday and eavestroughs carved puddles into the gravel at rainy Florida Auto Exchange Stadium by early afternoon.

Of course, most Blue Jays players had left by then.

Still, it was a good day's work for pitchers Casey Janssen and Ricky Romero.

Both threw from the practice mound, taking another step in their comeback from off-season surgery.

For rehabbing pitchers, making it to the mound only comes after seemingly endless tossing sessions on level ground.

"It was fun to be on a mound and throwing downhill again," said Janssen, a reliever who had shoulder surgery in November.

"Any time you get a chance to get up on that mound and see a catcher, it feels good," said Romero, a left-handed starter who had his elbow cleaned out in October and had platelet-rich plasma (PRP) injections in both knees.

The 31-year-old Janssen, who took over as closer after Sergio Santos had shoulder surgery in July, converted 22 of 25 save opportunities and finished a fine season with a 1-1 record and 2.54 earned-run average.

He is being monitored closely to ensure he does not come back from surgery too fast. He estimated Thursday he was throwing at 70 to 80 per cent of what he is capable of.

In 2012, Romero raced out to an 8-1 record but eventually tied a franchise record with 13 straight losses. He finished with a 9-14 record and 5.77 ERA in 33 starts.

With the surgery, he had plenty of time in the off-season to ponder a rotten year. Asked how that felt, he replied "Like crap," and laughed.

THE CANADIAN PRESS

Quoted

"I had a bad year and that's all there is to it."

Starting pitcher Ricky Romero, who's not making excuses for his struggles last season.

Glut of pitching talent

Happ's role in limbo

J.A. Happ chooses his words carefully as reporters circle his locker.

The gist of the conversation is that the Jays' off-season marquee pitching acquisitions have left him somewhat in limbo.

Everyone seems to be in a "we'll see what happens" mode.

"I prepared like I do every off-season, and that's to be a starting pitcher in the big leagues," Happ said when asked if he was comfortable with the circumstances.

THE CANADIAN PRESS

Murder charges come as 'a shock': Paralympic CEO

Oscar Pistorius.
Double-amputee sprinter heralded for bringing Paralympic Games to the forefront

The London Paralympics were the most successful Games to date, with millions of people buying tickets to events, and Oscar Pistorius was a big part of that.

On Thursday, the South African athlete who became the poster boy for Paralympic sport was charged with murder in the shooting death of his girlfriend, Reeva Steenkamp.

"It was a shock for us," said Xavier Gonzalez, CEO of the International Paralympic committee.

"Right now, the most important thing is to send our deepest condolences to the families affected by this tragedy," said Gonzalez, who is in Toronto observing preparations for the Parapan Am Games that will be held there in 2015.

Pistorius, who had his lower legs amputated before he was a year old, won two gold medals and a silver at last year's Paralympic Games in London. But what drew even more attention is that the 26-year-old made sporting history by becoming the first double-amputee sprinter to compete in the Olympics. He reached the 400-metre semifinal and competed in the 4x400 metre relay.

"We'll need to wait to see how the police investigation goes," said Gonzalez. But he emphasizes that, to date, "Oscar has been a fantastic ambassador for our movement."

"He created momentum that, in some way, contributed to what happened in London."

The London Paralympics sold 2.7 million tickets, making it the third largest sporting event in the world after the Olympics and World Cup soccer, he said. Beyond the spectators, the Games drew far more media coverage, particularly in Europe, and corporate sponsorship than previous events.

A Nike ad, featuring Pistorius in his green race suit and the tagline "I am the bullet in the chamber. Just do it" was removed from his personal website. TORSTAR NEWS SERVICE

Quoted

The news out of South Africa "is not good for the Paralympics or sport in general. Oscar has become a hero with the accomplishments he's had on the track."
Martin Richard, head of communications at the Canadian Paralympic Committee

Olympics

Decision on NHLers in Sochi won't come this week

A decision on whether NHL players will head to the 2014 Sochi Olympics isn't likely to come this week.

Discussions were set for Thursday and Friday between the NHL, the NHL players' association, and officials from the International Ice Hockey Federation and the International Olympic Committee to see if it makes sense for North American professional hockey players to go to the Olympics for a fifth straight time.

"I don't expect any resolution or decisions this week," NHL deputy commissioner Bill Daly told The Associated Press in an email on Thursday.

The Sochi Games are one year away. While a final decision isn't required this week, one will have to be reached in the near future. It is believed hockey federations will need to know by May what players will be available for their teams.

The NHL has been sending players to the Olympics since the 1998 Winter Games. THE ASSOCIATED PRESS

NASCAR. Romance between drivers takes centre stage on media day

Danica Patrick
THE ASSOCIATED PRESS

Brad Keselowski strolled through the Daytona 500 Club with his cellphone in one hand and a half-empty bottle in the other.

Nope, not beer. Not this time.

Keselowski was drinking orange juice Thursday at Daytona 500 Media Day, which officially kicked off Speedweeks. Still, the reigning NASCAR Sprint Cup champion was his usual, laid-back, outspoken self, offering up some of the best one-liners during a daylong event filled with playful jokes, repetitive questions, canned answers and optimistic outlooks for the upcoming season.

For Keselowski, it wasn't all that different from his last moment in the spotlight. He just didn't have a little buzz going.

"If you drink enough orange juice, you can drink a lot of beer," said Keselowski, who memorably chugged away in Victory Lane after clinching his first Cup championship at Homestead-Miami Speedway in November.

Three months later, he was fielding questions about defending his title, tweeting from his race car — which he famously did during last year's Daytona 500 — and the budding relationship between competitors Danica Patrick and Ricky Stenhouse Jr.

No surprise, the 50-plus drivers were asked a number of questions about the Patrick and Stenhouse saga — they announced they were dating last month.

"In some respects, it's just a relationship," five-time champion Jimmie Johnson said.

"It will keep people looking and watching and curious as to what that dynamic is on the track, I'm sure.... We'll all be watching with great curiosity." THE ASSOCIATED PRESS

NBA

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d-Indiana	32	21	.604	5½
Brooklyn	31	22	.585	6½
Chicago	30	22	.577	7
Atlanta	29	22	.569	7½
Boston	28	24	.538	9
Milwaukee	26	25	.510	10½
Philadelphia	22	29	.431	14½
Toronto	21	32	.396	16½
Detroit	21	33	.389	17
Cleveland	16	37	.302	21½
Washington	15	36	.294	21½
Orlando	15	37	.288	22
Charlotte	12	40	.231	25

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	42	12	.778	—
d-Oklahoma City	39	14	.736	2½
d-L.A. Clippers	38	17	.691	4½
Memphis	33	18	.647	7½
Denver	33	21	.611	9
Golden State	30	22	.577	11
Utah	30	24	.556	12
Houston	29	26	.527	13½
Portland	25	28	.472	16½
L.A. Lakers	25	28	.472	16½
Dallas	23	29	.442	18
Minnesota	19	31	.380	21
New Orleans	19	34	.358	22½
Sacramento	19	35	.352	23
Phoenix	17	36	.321	24½

Note: division leaders ranked in top three positions regardless of winning percentage.

Thursday's results
Miami 110, Oklahoma City 100
L.A. Clippers at L.A. Lakers
Wednesday's results
San Antonio 96 Cleveland 95
Indiana 101 Charlotte 77
Atlanta 108 Orlando 76
Brooklyn 119 Denver 108
Detroit 96 Washington 85
Boston 71 Chicago 69
Toronto 92 New York 88
Milwaukee 94 Philadelphia 92
New Orleans 99 Portland 63
Utah 97 Minnesota 93
Dallas 123 Sacramento 100
L.A. Clippers 106 Houston 96
Tuesday, February 19
Toronto at Washington, 7 p.m.
Charlotte at Orlando, 7 p.m.
Memphis at Detroit, 7:30 p.m.
Milwaukee at Brooklyn, 7:30 p.m.
Chicago at New Orleans, 8 p.m.
Boston at Denver, 9 p.m.
Golden State at Utah, 9 p.m.
Phoenix at Portland, 10 p.m.
San Antonio at Sacramento, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	13	8	2	3	35	28	19
Pittsburgh	14	9	5	0	45	34	18
NY Rangers	13	7	5	1	36	34	15
Philadelphia	14	6	7	1	34	40	13
NY Islanders	13	5	7	1	40	46	11

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	11	8	1	2	32	25	18
Montreal	13	8	4	1	36	33	17
Toronto	14	8	6	0	40	36	16
Ottawa	14	7	5	2	35	27	16
Buffalo	14	5	8	1	39	48	11

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	13	8	4	1	41	37	17
Tampa Bay	13	6	6	1	49	40	13
Winnipeg	12	5	6	1	32	40	11
Florida	13	4	6	3	30	47	11
Washington	14	5	8	1	40	49	11

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	13	10	0	3	44	28	23
Nashville	14	7	3	4	28	26	18
Detroit	13	7	4	2	36	36	16
St. Louis	13	7	5	1	43	43	15
Columbus	13	4	7	2	30	41	10

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	12	8	2	2	35	25	18
Minnesota	14	6	6	2	30	36	14
Edmonton	13	5	5	3	29	34	13
Calgary	11	4	4	3	33	39	11
Colorado	12	5	6	1	27	32	11

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	12	9	2	1	42	33	19
San Jose	13	7	3	3	36	29	17
Dallas	14	7	6	1	34	36	15
Phoenix	14	6	6	2	35	38	14
Los Angeles	11	4	5	2	26	32	10

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Thursday's results
Carolina 3 Toronto 1
NY Islanders 4 NY Rangers 3 (SO)
Montreal 1 Florida 0 (OT)
Washington 4 Tampa Bay 3
Nashville 3 Phoenix 0
Colorado 4 Minnesota 3 (SO)
Wednesday's results
Pittsburgh 4 Ottawa 2
St. Louis 4 Detroit 3 (OT)
Calgary 7 Dallas 4
Friday's games
All Times Eastern
Pittsburgh at Winnipeg, 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Boston at Buffalo, 7 p.m.
Anaheim at Detroit, 7:30 p.m.
San Jose at Chicago, 8:30 p.m.
St. Louis at Calgary, 9 p.m.
Dallas at Vancouver, 10 p.m.
Columbus at Los Angeles, 10:30 p.m.
Saturday's games
Tampa Bay at Florida, 3 p.m.
Philadelphia at Montreal, 7 p.m.
New Jersey at NY Islanders, 7 p.m.
Ottawa at Toronto, 7 p.m.
Anaheim at Nashville, 8 p.m.
Columbus at Phoenix, 8 p.m.
Colorado at Edmonton, 10 p.m.
Sunday's games
Pittsburgh at Buffalo, 12:30 p.m.
Los Angeles at Chicago, 3:30 p.m.
Washington at NY Rangers, 6 p.m.
Boston at Winnipeg, 6 p.m.
Detroit at Minnesota, 6 p.m.
Calgary at Dallas, 6 p.m.
St. Louis at Vancouver, 9 p.m.

HURRICANES 3, MAPLE LEAFS 1

First Period — No Scoring
Penalties — Orr Tor (Fighting) 2:05, Westgarth Car (Fighting) 2:05, Semin Car (Slashing) 10:27.
Second Period
1. Carolina, Corvo 2 (Staal) 6:06
2. Toronto, Kadri 4 (Phaneuf, Grabovski) 7:51 (pp)
3. Carolina, Jokinen 2 (Skinner, Corvo) 12:58 (pp)
4. Carolina, Staal 2 (Skinner, McBain) 15:09
Penalties — Sanguinetti Car (Interference) 6:28, McClement Tor (Tripping) 12:31, van Riemsdyk Tor (Tripping) 19:03, Phaneuf Tor (Roughing) 20:00.
Third Period — No Scoring
Penalties — None.
Shots

Toronto	8	10	5—23
Carolina	8	13	12—33

Goal — Toronto: Scrivens (L, 2-3-0). Carolina: Ellis (W, 3-1-0).
Power plays (goal-chances) — Toronto: 1-2. Carolina: 1-3.
Referees — Tim Peel, Rob Martell.
Linesmen — Kiel Murchison, Derek Nansen.
Att. — 18,680 (PNC Arena).

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You will have to make sacrifices in one area if you want to make progress in another. At work, try to get important people on your side because no matter how talented you happen to be, you can't do it all alone.

♉ Taurus
April 21 - May 21
Whatever your plans, whatever your schedules, whatever your deadlines, it is essential that you take life at a slower, calmer pace today. Everything you need will come to you if you let it. Sit back and let it happen.

♊ Gemini
May 22 - June 21
You may not feel brave on the inside but try to look brave on the outside. Self-confidence is the key to success now and if you can convince people you've got it you'll get what it is you desire.

♋ Cancer
June 22 - July 23
You may have to rely on partners and colleagues a bit more than usual over the next 24 hours. That means revealing information you might prefer to keep to yourself. Make sure you confide only in those you trust.

♌ Leo
July 24 - Aug. 23
You cannot possibly be the best at everything — no, really! And the sooner you stop trying, the better. You will achieve more over the next few days if you stick to the two or three things you are exceptionally good at.

♍ Virgo
Aug. 24 - Sept. 23
You need to get serious about something of a creative or artistic nature. You may think you are serious about it already but deep down you know you have been holding back. As from today, you must give it your all.

♎ Libra
Sept. 24 - Oct. 23
You don't have to suffer in silence if someone has cheated you in some way. Shout out loud about it. Kick up a fuss. If you don't make an issue of it now they will take advantage of you again later on.

♏ Scorpio
Oct. 24 - Nov. 22
Let others have their say first then, when they have finished, point out the flaws in their argument. You may not win many friends but you will make it clear you are not going to be taken in so easily.

♐ Sagittarius
Nov. 23 - Dec. 21
Saturn's influence demands that you start thinking seriously about ways to make ends meet and make your money go further. In a nutshell, you must spend less or earn more. Ideally, of course, you need to do both.

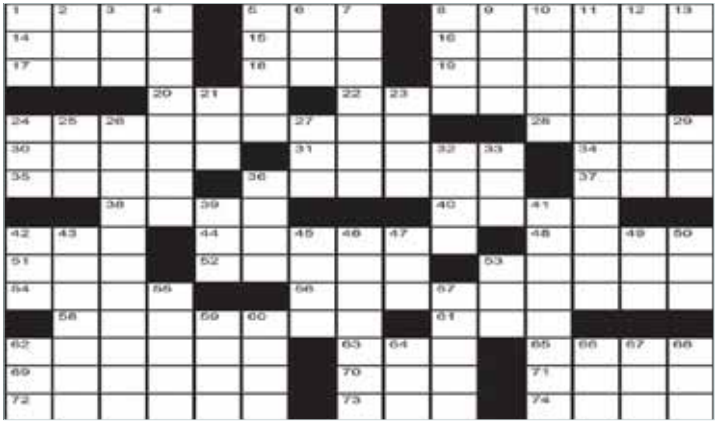
♑ Capricorn
Dec. 22 - Jan. 20
Strive to make a positive impression on people in positions of authority. The more you can show them that you are on top of your game, the more likely it is they will turn to you when there is a promotion on offer.

♒ Aquarius
Jan. 21 - Feb. 19
You seem to be struggling with some serious questions about your place in the world. You certainly have not found the right answers yet. Don't worry, it's only a matter of time before it all clicks into place.

♓ Pisces
Feb. 20 - March 20
People are looking to you to take a lead and you must not let them down. Today's Mars-Pluto link will endow you with loads of energy and no end of self-confidence. You'll need them for the tasks ahead.
SALLY BROMPTON

Crossword: Canada Across and Down

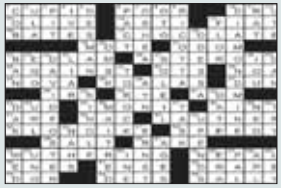
BY KELLY ANN BUCHANAN



Across
1. National __ of Canada Day
5. Prefix to 'metrical'
8. Takes on the role of: 2 wds.
14. Copy of an orig.
15. My own, in Latin
16. "Wow!", in Australia
17. Abominable snowman
18. Grass appendage
19. The Grand __
20. Prefix to 'lead'
22. Marc __, painter of I and the Village (1911, oil on canvas)
24. "Rise Up" by The __ Club
28. Earth
30. Anoint, archaically
31. Lathers
34. Dundee denial
35. __ poker
36. Baseball great Mickey
37. Explosive letters
38. Sporty brand
40. Mil. stockpile
42. UK record label
44. Deceive
48. One who must pay
51. Philosopher, __-tzu
52. Drive, do this
53. Two down, __ __ go
54. Mailed a letter
56. Phar Lap, for one
58. Creeks
61. Roadie's haul
62. Make _ __ (Reception tradition)
63. Meditation sounds
65. Receptive
69. Self-evident fact
70. 'The Science Guy', Bill __
71. Former currency in Italy
72. Mr. Safer, Canadian correspondent on "60 Minutes"
73. Mr. Mineo
74. Wool

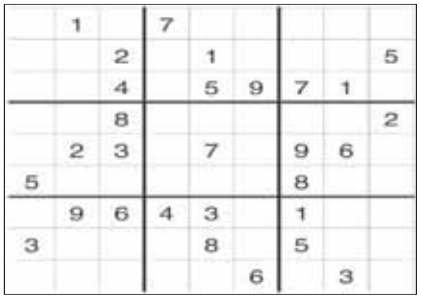
Down
1. Use a pan
2. Kathie Gifford link
3. Inclined
4. House of __ (Monaco's royal family)
5. NBC series starring "American Idol" alum Katharine McPhee
6. Archery bow wood
7. New Brunswick city
8. Medieval silk and gold fabric
9. Rugged cliff
10. Singer Ms. Turner's
11. Niagara Falls lookout structure: 2 wds.
12. __ harp (It sounds in the wind)
13. Equivalent word [abbr.]
21. Arctic __ cap
23. Warmth
24. Not: French
25. Social bug
26. Classic rock band's venture, perhaps: 2 wds.
27. Can. neighbor
29. Allow
32. Theatrical work
33. Theological sch.
36. Convene
39. "Footloose" (1984) star ...his initials-sharers
41. Classic board game
42. Pro golfer Ernie
43. "Let Your Backbone Slide" by __ Fresh-Wes
45. Condition
46. Causes
47. Rainbow shape
49. Aliens, for short
50. Caviar
53. Electrical resistance unit
55. Hiker's snack, __ mix
57. Painter's stand
59. Being, in Latin
60. 1996 to 2001 Canadian series, "Wind __ __ Back"
62. Cash dispenser, commonly
64. "Lady Marmalade" co-singer
66. 1980s starlet Ms. Zadora
67. "To __ is human..."
68. Book publisher, __ A. Talese

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	5	9	6	4	1	2	7	8
1	8	7	3	2	8	5	4	9
4	6	2	5	7	9	6	1	3
3	4	1	7	6	8	9	5	2
9	2	8	1	5	4	6	3	7
7	5	6	2	9	3	4	8	1
6	1	3	4	8	2	7	9	5
2	7	4	9	3	5	1	6	8
8	9	5	8	1	7	3	2	4

Weather

TODAY	SATURDAY	SUNDAY
MAX: 8° MIN: -7°	MAX: 9° MIN: 1°	MAX: -4° MIN: -15°

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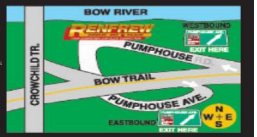

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